

diabetic LIVING

JENNA'S STORY

"My gestational diabetes turned into type 1" p118

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**WARM-
YOU-UP
WINTER
DISHES**

ONE POT
WONDERS

SUPER
SOUPS

FRUITY
DESSERTS

**Swap
meet!**

Small changes can
reap big weight-loss
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THERE'S
A WILL**

ARE YOUR AFFAIRS
IN ORDER? p106

MAKE SURE YOU'RE READY FOR ANYTHING

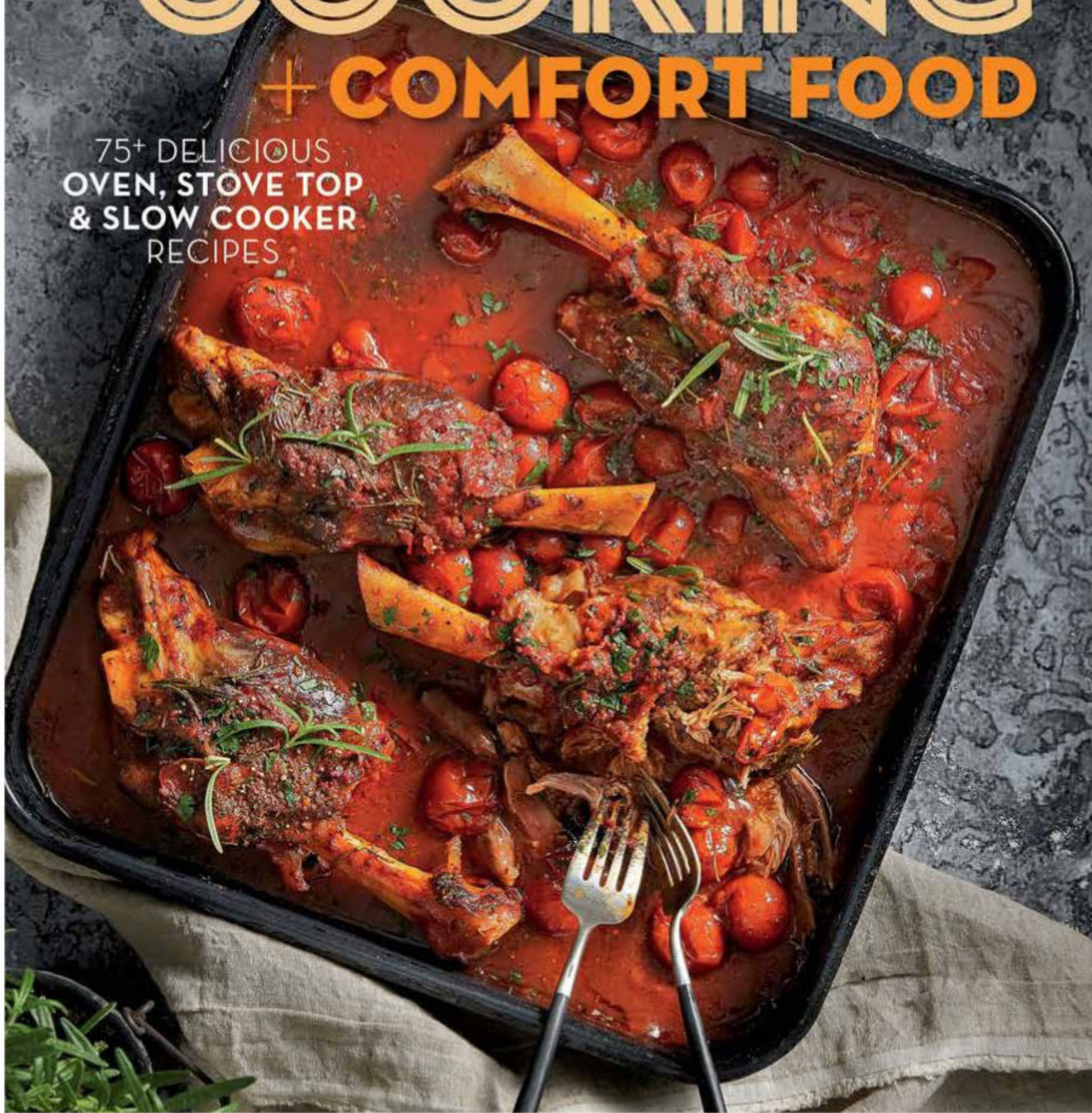
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MAY/JUNE 2021

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THE TEAM

Editor ALIX DAVIS
Creative Director HANNAH BLACKMORE
Art Director LESLEY JHOTY
Designer LISA EMMANUEL
Features Writer ELLIE GRIFFITHS
Food Editor ALISON ROBERTS
Dietitian SHANNON LAVERY

ADVERTISING & MARKETING

Commercial Brand Manager RHYL HEAVENER
Rhyl.Heavener@aremedia.com.au
Marketing Director LOUISE CANKETT
Senior Marketing Manager JILLIAN HOGAN

PRODUCTION

Production Manager DANIELLA KOLACH
Ad Controller DOMINIC ROY

ARE MEDIA GROUP

Chief Executive Officer BRENDON HILL
Director of Sales ANDREW COOK
Finance Director DAVID LOEFFLER
Customer Director SALLY EAGLE
Publisher NICOLE BYERS
Circulation Executive DARIYA KAING
General Manager Media Solutions JANE WATERHOUSE

MEREDITH INTERNATIONAL

Chairman and Chief Executive Officer STEPHEN M LACY
Chief Development Officer JOHN S ZIESER
Meredith International Director MIKE LOVELL

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OUR EXPERTS

Dr Kate Marsh

Dietitian & diabetes educator

Kate, who has type 1, is in private practice in Sydney; drkatemarsh.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Queensland; drsultanlinjawi.com

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre; mendpsychology.com.au

Elissa Renouf

Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1; diabete-ezy.com

Rachel Freeman

Diabetes educator

Rachel is the mum of a child with type 1, and also works at the Australian Diabetes Educators Association; adea.com.au.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Drew Harrisberg

Exercise physiologist & diabetes educator

Drew, who has type 1, offers online coaching/consultations and specialises in designing safe and effective exercise programs; drewsdailydose.com

Dr Ramy Bishay

Endocrinologist & bariatric physician

Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.



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NEXT
ISSUE
ON SALE
24 JUN



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Cool nights need soup!

As Autumn slips into Winter my mind (and stomach) turns to thoughts of soup. It really is the perfect food – heating your hands as you clasp a bowl or mug, warming you from the inside

out after a cold day and filling you up with plenty of healthy ingredients. Bonus points – it's easy to make and ideal to freeze in portions so your future self will thank you on a busy night when cooking dinner just isn't going to happen! Turn to page 36 for our delicious soup feature and you'll find a couple of others scattered through the issue as well. I know I'll be starting with our cover star and working (and slurping) my way through all of them.

Another favourite meal of mine is a one-pot dinner. What's not to love about a meal that maximises flavour and minimises washing up? Take a look at our selection of warming one-pots from page 24 as well as family favourites starting on page 50 that we've revamped to make both delicious and healthy. Of course, we haven't forgotten about dessert and you'll find some fruit-focussed treats on page 64.

The COVID-19 vaccine has been available for a few months now and some of you may have received yours already, while others are still waiting or may have questions. We've answered your FAQs on page 109 in simple, easy-to-understand language – no faffing about. The year that was 2020 was a good reminder to all of us about how important it is to be prepared for whatever life may throw at us. Take a look at Ready for Anything from page 100 for some ideas about how to prepare for, and cope with, an unexpected setback.

Mum-of-three Jenna Carroll certainly had to roll with the punches when she was diagnosed with type 1 after the birth of her third child. While it's only early days and Jenna is still getting used to managing her diabetes, she's determined that it won't define her. You can read Jenna's inspiring story on page 118.

I love hearing what you think of the magazine – after all, we create it for you - so please get in touch via email or Facebook.

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

diabetes australia

Coeliac Australia

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help



DIABETES 101

Getting your head around “diabetes lingo”? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two

hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some

activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.



TYPE 1 & TYPE 2...

What's the difference?

Type 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

Type 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

TAKE THIS TO HEART

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

FOOD MYTHS FOR PWD

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

*That's People With Diabetes



Losing just 5 per cent of your body weight can have a positive impact.

YOUR healthy life

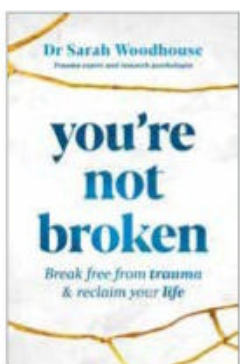
The latest & global news on diabetes, bone health, fitness and podcasts

GET BACK ON TRACK

The NDSS has recently launched a new campaign 'Back On Track' to encourage people to reconnect with their diabetes management. Researchers found that over one third of Aboriginal and Torres Strait Islander people said "COVID has had a negative personal impact that has affected their connection to culture and their mental and physical health". Due to the year that was 2020, many people with diabetes may not be managing their condition as well as they would have if there were less significant disruptions. Visit ndss.com.au for more information.

If you have not consulted your healthcare team recently, be sure to book in and get on top of your diabetes once again.





You're Not Broken

By Dr Sarah Woodhouse
Penguin, \$34.99

Approximately 70-80 per cent of women will experience a traumatic event at least once in their life. Trauma has a way of trapping us in cycles of dysfunctional behaviour, negative thoughts and feelings, but with research psychologist Dr Sarah Woodhouse's book, you can better understand trauma, how it affects you and those around you, how to find freedom from your trauma and more.



How To Make Anything Gluten Free

By Becky Excell
Hardie Grant Books, \$39.99

Food writer Becky Excell shares over 100 recipes with all the tips and tricks to truly unlock all those glutenous foods you've been missing. Whether you're looking for a proper chicken chow mein or a freshly made French baguette, there's something for every meal!



Diabetes & Heart Attacks

Fiona Stanley Hospital's cardiologist Dr Girish Dwivedi has recently been awarded the Jamie Cripps 2021 Research Grant for a world-leading diabetes-heart attack trial. Research shows that someone with diabetes is up to four times more likely to experience a heart attack or stroke; and further, those who have recently experienced cardiac arrest have a substantially increased risk of recurrent heart attack or death. Researchers previously found in a small non-randomised study that those with type 2, who had a heart attack, and started the SGLT2i medication, empagliflozin, before being discharged from hospital experienced a reduced risk of heart failure. This funding will allow WA researchers to conduct a larger, randomised study, and further pave the way for a nation-wide trial. For more info, visit diabetesresearchwa.com.au

OVER 124,000 PEOPLE

**UNDER
THE AGE
OF 40**

HAVE DIABETES.

~ Diabetes Australia (national survey 2020)

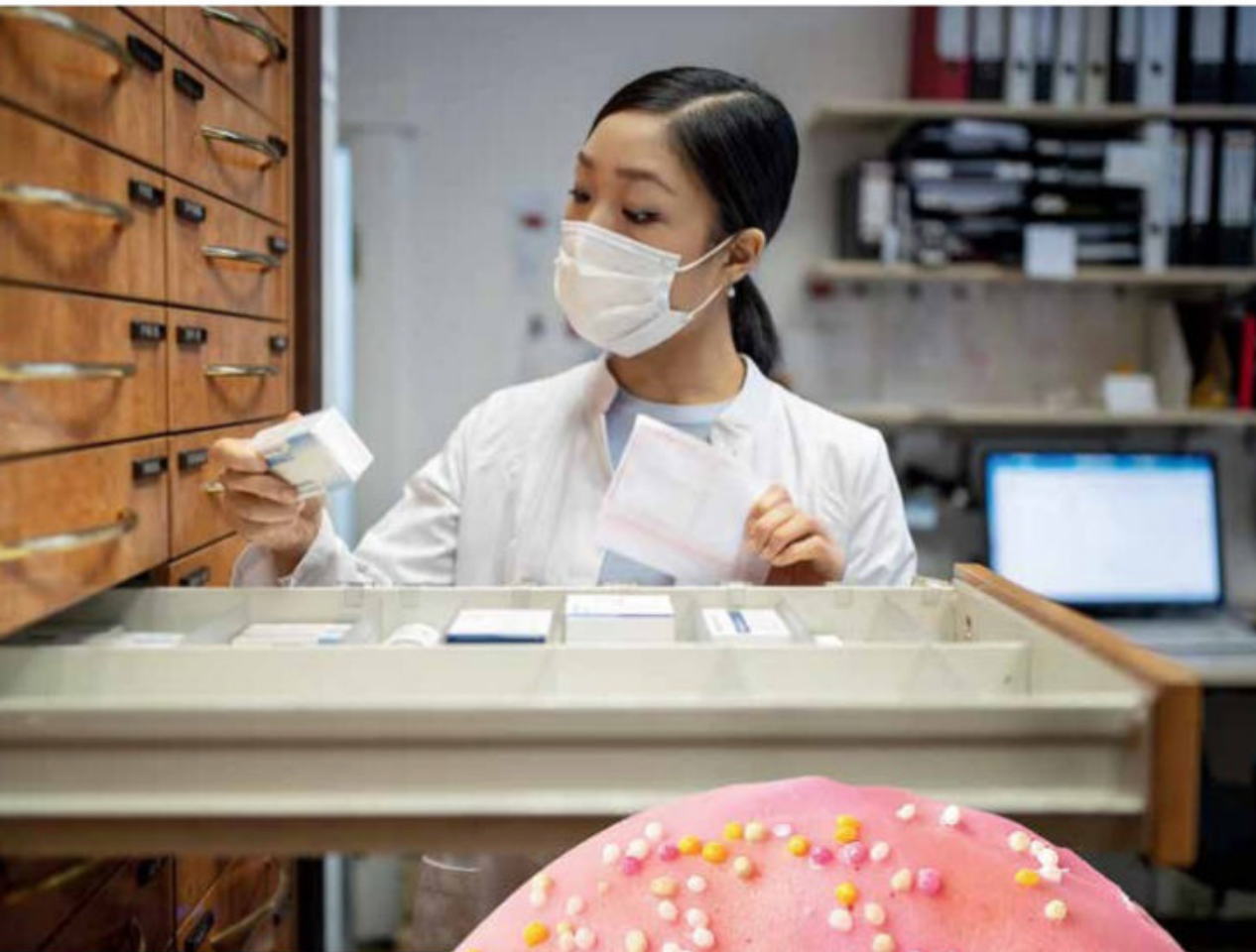


I have type 2 diabetes and have recently been diagnosed with high cholesterol. My GP has given me 3 months to see if I can lower it with dietary changes, before considering medication, but I am confused about what I should and shouldn't be eating. Can you help?

Kate says: There are many dietary changes you can make to help with cholesterol lowering. These include replacing saturated fat (found in animal foods, palm and coconut oil) with polyunsaturated and monounsaturated fats (found in foods such as nuts, seeds, avocado and olive oil) and increasing intake of soluble fibre (in food such as oats, barley, legumes and psyllium husks), nuts and soy foods. Incorporating plant sterols (in fortified foods or supplements) can also help. In fact, one study found that the combination of these dietary changes lowered cholesterol levels a similar amount to a low dose of cholesterol-lowering medication.

However, it would be worthwhile seeing an Accredited Practising Dietitian (APD), who can help you in developing an individualised eating plan to both lower your cholesterol and manage your diabetes.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator



New prescriptions

On the 1 February 2021, the national legislation changed the requirement for doctors to provide prescriptions with the active ingredient name, rather than the brand name – for example, a prescription for Ventolin will now say the active ingredient: salbutamol. This long overdue change in Australia will provide fewer medication errors by doctors and patients, and further simplify how we talk about medications. Regardless of the brand you choose to purchase, the drugs will contain the exact same active ingredient; however, they may come in different strengths (this will still be listed on your prescription).

If you're confused, ask your GP or specialist to clarify prescriptions.

WEIGHT CHALLENGES MOST COMMON IN THESE KIDS

A new report released by the Australian Institute of Health and Welfare (AIHW) shows some groups of Australian children and adolescents, aged 2-17, are more likely to be overweight or obese. The latest national data concluded these certain population groups are most likely to be Aboriginal and Torres Strait Islanders, those with a disability, those living in Inner regional areas and those living in the lowest socioeconomic areas. This excess weight can massively increase the risk factor of individuals to develop type 2 diabetes, cardiovascular disease, some musculoskeletal conditions and some cancers.

If you are concerned about your or your child's health and wellbeing, discuss with your healthcare team.



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PER CENT OF PEOPLE WITH DIABETES BELIEVE THE STEREOTYPES AND ATTITUDES OF OTHER PEOPLE ABOUT DIABETES NEGATIVELY IMPACTS THEIR MENTAL HEALTH.

~ Diabetes Australia (national survey 2020)





PUMP UP THE JAM

The first-of-its-kind study – published in the *American Journal of Physiology-Heart and Circulatory Physiology* – has found more frequent exercise breaks improve blood flow and vessel dilation. People with type 2 diabetes are known to have a higher risk of developing heart disease and reduced vascular (blood vessel) function, and by decreasing their time spent sitting they can increase their blood vessel health. While researchers looked into the different effects of shorter, more frequent and longer, less-frequent exercise breaks, their findings suggest more frequent, shorter breaks from sitting may be more beneficial.

GET A GRIP

Scientists from Bristol and Eastern Finland have published their findings in the *Annals of Medicine Journal*, which found handgrip strength could identify people at high risk of type 2. Studying 776 men and women without a history of diabetes and aged 60-72, over the course of 20 years, they concluded that although the population was predominantly older Caucasians, the individuals were able to halve their risk of developing type 2 by simply increasing handgrip strength – especially women. Further studies on age groups and population to follow.



Q&A ASK ELISSA

My 9 year old son started inter-school sport (soccer) this term. We find later that night and sometimes even the next morning he will go very low. Is this normal?

Elissa says: I experienced very similar with my sons when they were playing school and extra-curricular sports like footy. I found that even if their BGL reading was fairly normal after they played, they would regularly go low anywhere within the next 24 hours seemingly out of nowhere. I use to make sure my kids tested immediately after the game and every few hours after strenuous activity. This could be something to discuss with your son's endocrinologist and/or diabetes educator for medical advice regarding insulin rates post-sport.

If your child uses an insulin pump, an endocrinologist can assist with adjusting the rates on sport days if they think it's appropriate. In the meantime, what used to help me and what I would suggest is that you log your son's BGL readings for the 24 hours following soccer so you or his endocrinologist can notice if there's a certain pattern and make changes to his rates for future exercise days.

Also pack low-GI rice cakes or a muesli bar to eat after, to help keep BGL's within normal range.

Elissa Renouf, owner of Diabete-ezy and mum of four kids with type 1. Her range of convenient diabetes products is available at diabete-ezy.com



EASIER GESTATIONAL DIABETES TEST

During the initial lockdown in 2020, there was a push to reduce any unnecessary exposure to COVID in pregnant women, especially when required to sit for a few hours within a pathology lab for the gestational diabetes (GD) test. This prompted Queensland researchers to develop an easier and quicker alternative to the 3-hour test; where they identified about four out of five women could avoid the full test by simply taking a single-fasting blood test. This change to testing reduces the burden on pathology labs, hospitals and clinicians. Researchers are hoping this change to GD testing will be implemented permanently.

Could diabetes be a thing of the past?

Researchers from Monash University believe they have unlocked the key for naturally producing insulin in people with diabetes. The study published in *Regenerative Medicine* found that they could reverse the gene that instructs the insulin-producing cells to stop working, to help the body repair. This discovery sparks hope that the body of a person with diabetes may have the ability to heal itself. More research to follow.



Q&A ASK RACHEL

I have type 1 diabetes and have started using a CGM (continuous glucose monitor). The really high glucose levels after I eat are worrying me. How high is too high?

Rachel says: If you were only checking your blood glucose levels previously at the 2 hour post-meal time point, you would have not been seeing these high readings soon after eating.

The carbohydrate foods that you eat will increase your BGLs. Carbohydrate foods vary in the time they take to break down and for the glucose to enter your bloodstream. Your insulin will also take 10-15 minutes to start working.

Everyone is different and will digest food differently. It is recommended you continue to only worry about your blood glucose levels around the 2 hour post-meal time, and don't worry about your levels before the 2 hour time point. Your glucose levels will go up after you eat and it can be a bit of a shock if you haven't seen this before.

If your levels aren't where you would like them to be two hours after you eat, make sure you check in with your diabetes care team.

Rachel Freeman, diabetes educator



Transforming lives through the power of trust

Steve began to lose his vision at the age of 25 as a result of Diabetic Retinopathy. Initially, he had surgery and learned to use a white cane, but knew he wanted a Guide Dog to enable him to live a life of greater independence and confidence. That's when Steve spoke to Guide Dogs Australia and it wasn't long before he was matched with his first working Guide Dog.

Heath is Steve's third Guide Dog. Every day, Steve puts his trust in Heath to help him overcome barriers and achieve his goals.



"Heath has given me the freedom and confidence to be a much more involved member of the community. My self-esteem has improved dramatically and I have been able to have a more active role throughout my daughter's primary school years."

For over 60 years, Guide Dogs Australia has supported people with low vision or blindness. To achieve this, trust must be at the heart of everything we do, from the trust our Clients put in us to provide the support and care they need, to the trust between a Client and their Guide Dog. This trust also extends to everyday Australians just like you who so generously contribute around 75% of our funding to help us transform lives.

You too can make a life-changing difference and give people like Steve the gift of independence, freedom and most of all, trust. Simply use the envelope insert to send your donation or donate securely online at guidedogs.com.au/trust2021

Guide Dogs.



Ash and
Tristan

Putting her **BEST** **FOOT** FORWARD

The Diabetic's Girlfriend, Ashley Hanger, is on track to fundraise \$10k for Diabetes Australia while she starts a new platform for people with diabetes

For the first two years, I think I was really ignorant to how diabetes affects Tristan's life," says 26-year-old Ash, whose partner of four-years has type 1. "He's very happy-go-lucky, and doesn't talk about it if he's had a bad night sleep, or if he's feeling drained. But because he never made it seem like a big deal, I mirrored his attitude, without really understanding what he was going through." Although there were moments when Tristan, 29, would ask Ash to grab him a Coke when he felt his sugars drop, she'd only ever had passing interactions with people with diabetes, so she didn't know what living with diabetes meant.

However, when they moved in together in 2019, the mirror was shattered. "We woke up one morning, and Tristan wasn't getting out of bed," she recalls. "I thought he was just tired, so I left him to sleep while I got ready for work. When he finally got out of bed, he was doing bizarre things - like opening doors and cupboards, walking in circles, and speaking in incoherent sentences - and then he couldn't even hold himself up.

"Initially, I thought he was kidding around - if you knew us, you'd understand - but it dawned on me pretty quickly that something was very, very wrong... and I had no idea how to fix it.

"Back then, I didn't know the difference between a low or a high, or how to treat either one; but in my head giving him a soft drink was the easiest thing I could do, so I gave him a Lucozade and hoped for the best.

"As soon as he came-to, I just burst into tears. I was so overwhelmed and scared. I couldn't believe this was what diabetes was like, and I had been so unaware all those years."

This led Ash to dive head-first into learning everything she could about diabetes. "The way I see it,

when I have a bad day at work, Tristan does everything in his power to turn the day around - whether that's making dinner, or buying me flowers," she says. "So, when diabetes is being a little gremlin, why shouldn't I do everything I can to take some of that weight from Tristan's shoulders too?"

This led Ash to seek a space to unload her worries and fears away from Tristan. "I never wanted him to think diabetes was a burden - it hasn't ever been, not once." However, she struggled to find someone who shared her experiences of living with someone with diabetes. So Ash created her own blog and Instagram as 'The Diabetic's Girlfriend'. "It feels selfish to say, but supporting someone with a chronic illness puts a great deal of responsibility on your shoulders," she says. "Sometimes it feels like it's your duty to keep someone alive. When you're living with a diabetic, you're their safety net, the final frontier. And then there's the feelings of guilt, because you're someone who's perfectly healthy, and you're not able to take away the pain diabetes sometimes causes."

Since sharing her journey, Ash has been overwhelmed with the number of people who also love someone with diabetes and as a result has



created a community for all. "I get messages every week from people who finally feel validated in the guilt they're feeling too, and are reassured that the anxiety will lighten with time, as we all try to better understand diabetes together."

With this support, in October 2020, Ash decided to begin fundraising \$10,000 in 10 months for Diabetes Australia through Adventure All Stars. "It's a way for me to make a difference on a larger scale and feel like I'm contributing to bettering the lives of people just like Tristan," she says. Despite COVID,

Ash has been able to host a movie fundraiser and barbecues at local football competitions in Brisbane.

However, it's her funky socks that have been the real kicker! At the gym Ash works for, they encourage people to wear their best socks, on

Funky Sock Friday, and donate money for a charity. Witnessing first hand just how many people love a funky pair of socks, this sparked an idea. "I wanted to create some needle socks that might strike up a conversation at the gym," she

explains. "The more people we can talk to about diabetes, the further we can spread awareness and understanding on a larger scale. So I created some funky blue socks with multi-colour needles, and some white socks with 'get pricked' printed on the side for a cheeky statement."

Ash has also recently launching a new platform. "I started Stripped Supply as a place Gen Z diabetics could discuss the topics that are uncomfortable to talk about," she says. "The kind of stuff you don't want to ask your parents or your GP - like sex, dating, body confidence and even mental health."

Her vision for Stripped Supply (www.stripped.supply), is for it to also become a place that can help automate how someone manages their diabetes. "I think there's so much more support we can be offering 20-something diabetics, who are navigating how diabetes will fit into their new adult life," she says. "Big things are coming - that's all I can say!"

You can check out her progress of \$10k in 10 months at diabetesaustraliafundraiser.raisely.com/thediabeticgirlfriend



Ash's funky sock fundraiser

You can purchase a pair of funky diabetes socks from thediabeticgirlfriend.com/funky-socks. ■



How our
food works
for you
see page 75

5 DAYS 5 DINNERS

Enjoy these delicious new recipes, featuring sesame-crusted tuna with miso dressing, a lemon, spinach pilaf and more. Midweek just got tasty!

LOWER-CARB OPTION

Reduce the couscous to 40g and add 1 cup of small cauliflower florets with the stock in Step 3.



MONDAY

CHICKEN, COUSCOUS AND HARISSA BROTH

PREP 10 MINS **COOK** 35 MINS
SERVES 2 (AS A MAIN)

1 tsp olive oil
2 (125g each) skinless chicken thigh fillets, trimmed
Freshly ground black pepper
1 small brown onion, thinly sliced
1 head baby fennel, thinly sliced
1 clove garlic, sliced
1 Tbsp harissa paste
100g Blu Gourmet Pearl Cous Cous
250ml (1 cup) salt-reduced chicken stock
250ml (1 cup) water
150g silverbeet, inner core removed, shredded

1 Heat the oil in a deep, non-stick frying pan over medium-high heat. Add the chicken and cook for 5-6 minutes on each side until really caramelised and cooked through. Transfer to a plate, cover loosely with foil and set aside to rest until cool enough to handle. Shred.

2 Add onion, fennel and garlic to pan. Season with pepper. Cook, stirring occasionally, for 10 minutes or until vegetables are soft. Stir in the harissa and couscous and cook, stirring, until all grains are coated.

3 Add the stock and water to pan and simmer for 10 minutes. Stir in silverbeet and shredded chicken. Cook for a further 5 minutes. Serve.

Nutrition info

PER SERVE 1770kJ, **protein** 32g, **total fat** 10g (sat. fat 2g), **carbs** 47g, **fibre** 8g, **sodium** 823mg • **Carb exchanges** 3 • **GI estimate** low



PER SERVE (lower-carb option) 1370kJ, **protein** 30g, **total fat** 10g (sat. fat 2g), **carbs** 26g, **fibre** 7g, **sodium** 845mg • **Carb exchanges** 1½ • **GI estimate** low

TUESDAY

GFO

LC

SESAME-CRUSTED TUNA WITH MISO DRESSING

PREP 15 MINS **COOK** 5 MINS

SERVES 2 (AS A MAIN)

2 x 150g tuna steaks
3 Tbsp sesame seeds
2 tsp sesame oil

DRESSING

1 Tbsp miso paste or gluten free miso paste
2½ Tbsp water
1 Tbsp rice wine vinegar
3cm piece ginger, finely grated
Freshly ground black pepper

SALAD

1 Little Gem lettuce, cored, cut into chunky pieces
100g sugar snap peas
4 radishes, quartered
75g frozen shelled edamame, defrosted

½ red onion, finely sliced
1 red chilli, finely chopped
½ bunch coriander, leaves torn

1 To make the dressing, put the miso and water in a small bowl, whisking to dissolve. Stir in the rice vinegar and ginger. Season with pepper.

2 Put all the salad ingredients into a large bowl. Add the dressing and toss gently to combine.

3 Cut the tuna steaks into 3cm fingers, then put the sesame seeds onto a plate and roll over the tuna pieces to cover all the sides.

4 Heat the sesame oil in a large non-stick frying pan over medium-high heat. Add the tuna and cook for 30 seconds on each side, just to sear and toast the sesame seeds.

5 Divide the salad between two plates and top with the tuna. Serve.

Nutrition info

PER SERVE 1810kJ, **protein** 49g, **total fat** 19g (sat. fat 3g), **carbs** 13g, **fibre** 9g, **sodium** 465mg • **Carb exchanges** 1 • **GI estimate** low
• **Gluten-free option** • **Lower carb**



*Boost your
Vitamin
D intake
by placing
your
mushrooms
in direct
sunlight
for 1 hour
before
cooking.*

Vegie sausage,
spinach & mushroom
fry with pesto toast
Recipe, page 20



mains

WEDNESDAY

LC

VEGIE SAUSAGE, SPINACH & MUSHROOM FRY WITH PESTO TOAST

PREP 10 MINS **COOK** 10 MINS
SERVES 2 (AS A MAIN)

1 tsp extra-virgin olive oil
250g mushrooms, sliced
2 Sanitarium Vegie Delights Vegie Sausages
1 clove garlic, sliced
50g baby spinach leaves
2 Tbsp pesto
2 x 60g eggs
2 slices (40g each) wholemeal sourdough, toasted

1 Heat the oil in a medium non-stick frying pan over medium-high heat. Add the mushrooms and cook, stirring often, for 5-10 minutes or until the moisture has evaporated and the mushrooms soften.

2 Break the sausages into small pieces straight into the pan. Cook for 2-3 minutes, stirring occasionally, or until starting to crisp. Add the garlic and cook, stirring, for 1 minute. Stir through the spinach and cook, stirring, or until the spinach starts to wilt.

3 Bring a large saucepan of water to the boil. Crack the eggs into

separate ramekins or small cups. Once the water is at a gentle simmer, carefully pour the eggs from their cups into the water and simmer gently for 2 minutes or until the whites are set.

4 Spoon the mushrooms, sausage pieces and spinach onto two plates. Add the sourdough slices, spread with some pesto and topped with a poached egg. Serve.

Nutrition info

PER SERVE 1870kJ, **protein** 27g, **total fat** 26g (sat. fat 5g), **carbs** 21g, **fibre** 7g, **sodium** 573mg
• **Carb exchanges** 1½
• **GI estimate** low • **Lower carb**

THURSDAY

VEGETARIAN KALE CAESAR SALAD WITH EGGPLANT 'BACON'

PREP 15 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

2 x 40g slices wholemeal sourdough bread or gluten-free bread, cut into small cubes
1 Tbsp extra virgin olive oil
150g kale, centre ribs removed
Juice of 1 lemon
Freshly ground black pepper
2 Tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
2 tsp Dijon mustard or gluten-free mustard
1 Tbsp nutritional yeast flakes (see Cook's Tip)
3 tsp salt-reduced soy sauce or gluten-free soy sauce
1 Tbsp water

EGGPLANT 'BACON'

1 eggplant
2 Tbsp sugar free maple syrup
2 tsp smoked paprika
1 tsp garlic granules

1 To make the eggplant 'bacon', preheat oven to 170°C (fan-forced). Line two baking trays with baking paper. Use a mandoline or sharp knife to very thinly slice the eggplant into long lengthways slices. Mix the maple syrup, paprika and garlic granules in a small bowl. Put the slices on the lined trays and spray lightly with cooking spray. Cook in oven for 10-15 minutes or until beginning to crisp, then brush with the maple syrup mixture and cook for another 5 minutes or until really crisp.

2 Line a third tray with baking paper. Toss the bread cubes and oil and spread out in a single layer over the lined tray. Bake for 10-12 minutes or until the cubes are golden and toasted.

3 Meanwhile, tip kale into large bowl and add lemon juice and black pepper. Massage really well with clean hands; set aside for 10 minutes. Mix mayonnaise, mustard, yeast flakes, soy sauce and water in a small bowl. Add to kale; toss to coat.

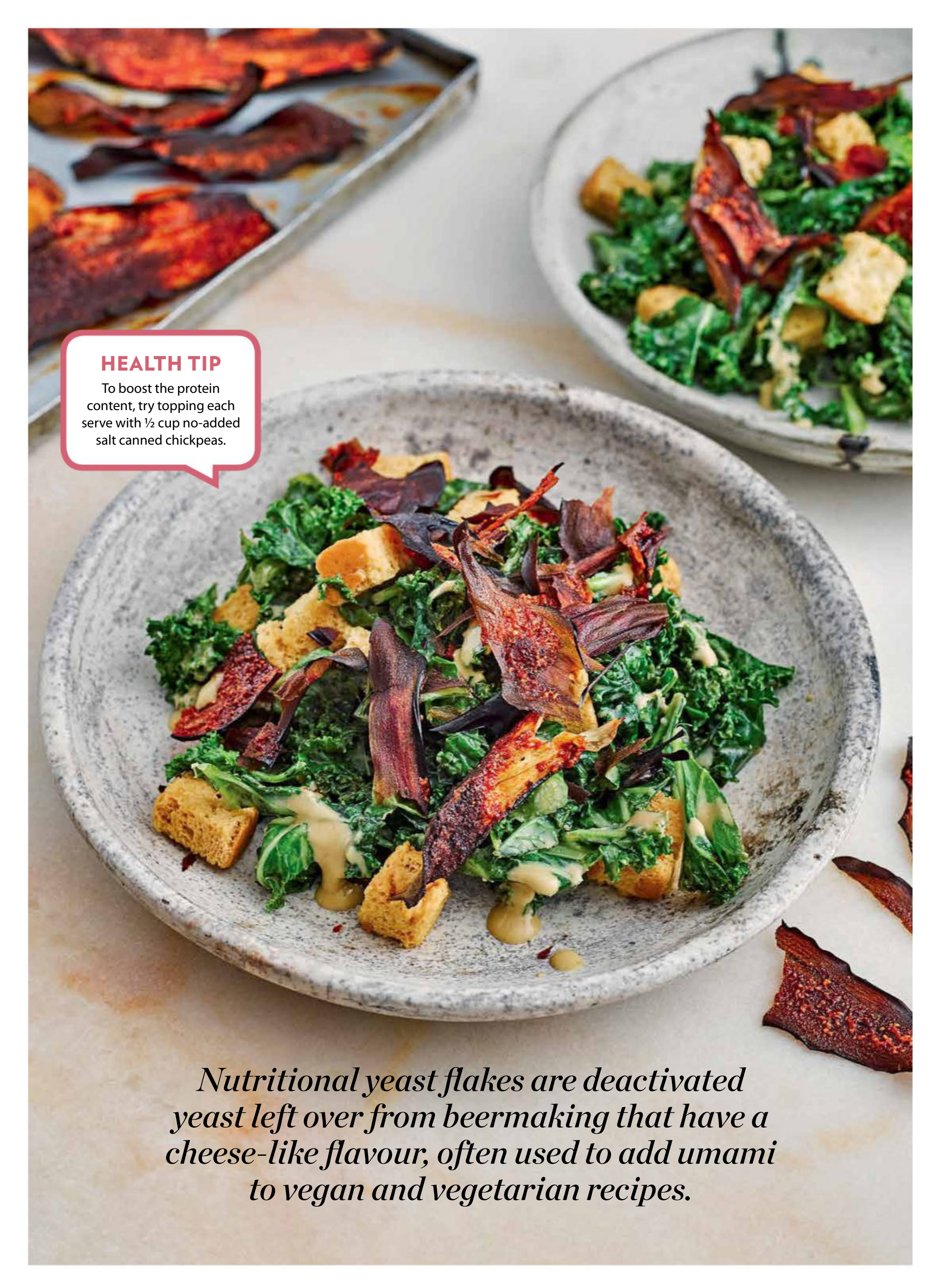
3 Divide the dressed kale between two plates. Break the aubergine 'bacon' into shards and sprinkle on top with the croutons. Serve.

COOK'S TIP Nutritional yeast flakes are available from the health food section of the supermarket.

Nutrition info

PER SERVE 1380kJ, **protein** 12g, **total fat** 12g (sat. fat 2g), **carbs** 33g, **fibre** 13g, **sodium** 769mg
• **Carb exchanges** 2
• **GI estimate** low

PER SERVE (with ½ cup chickpeas) 1790kJ, **protein** 18g, **total fat** 14g (sat. fat 3g), **carbs** 45g, **fibre** 17g, **sodium** 790mg • **Carb exchanges** 3
• **GI estimate** low



HEALTH TIP

To boost the protein content, try topping each serve with $\frac{1}{2}$ cup no-added salt canned chickpeas.

Nutritional yeast flakes are deactivated yeast left over from beermaking that have a cheese-like flavour, often used to add umami to vegan and vegetarian recipes.

FRIDAY**GFO**

PRESERVED LEMON, SPINACH AND CHERRY TOMATO PILAF

PREP 10 MINS **COOK** 40 MINS
SERVES 2 (AS A MAIN)

1 tsp olive oil
1 brown onion, finely chopped
1 clove garlic, sliced
2cm piece ginger, finely chopped
1 tsp smoked paprika
¼ preserved lemon, rinsed to remove excess salt, pith and seeds removed, finely chopped (see Cook's Tip)
½ cinnamon stick
100g basmati rice
250ml (1 cup) salt-reduced vegetable stock or gluten-free vegetable stock
125ml (½ cup) water
70g baby spinach leaves
250g punnet cherry tomatoes
¼ small bunch flat-leaf parsley, finely chopped
Freshly ground black pepper

1 Heat the oil in a large saucepan or casserole dish over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes or until the onion is very soft. Add the garlic, ginger and paprika. Cook, stirring, for 1 minute. Stir in the lemon, cinnamon stick and rice, making sure every grain is coated in the oil. Pour in the vegetable stock and water. Bring to the boil.

2 Toss in the spinach and cherry tomatoes, stir briefly and the cover. Reduce heat to medium-low and cook, covered, for 20 minutes. Remove the lid and stir through the parsley, adding a splash of water if it looks a little dry. Season with pepper and serve.

COOK'S TIP Replace the preserved lemon with the zest and juice of ½ a lemon.

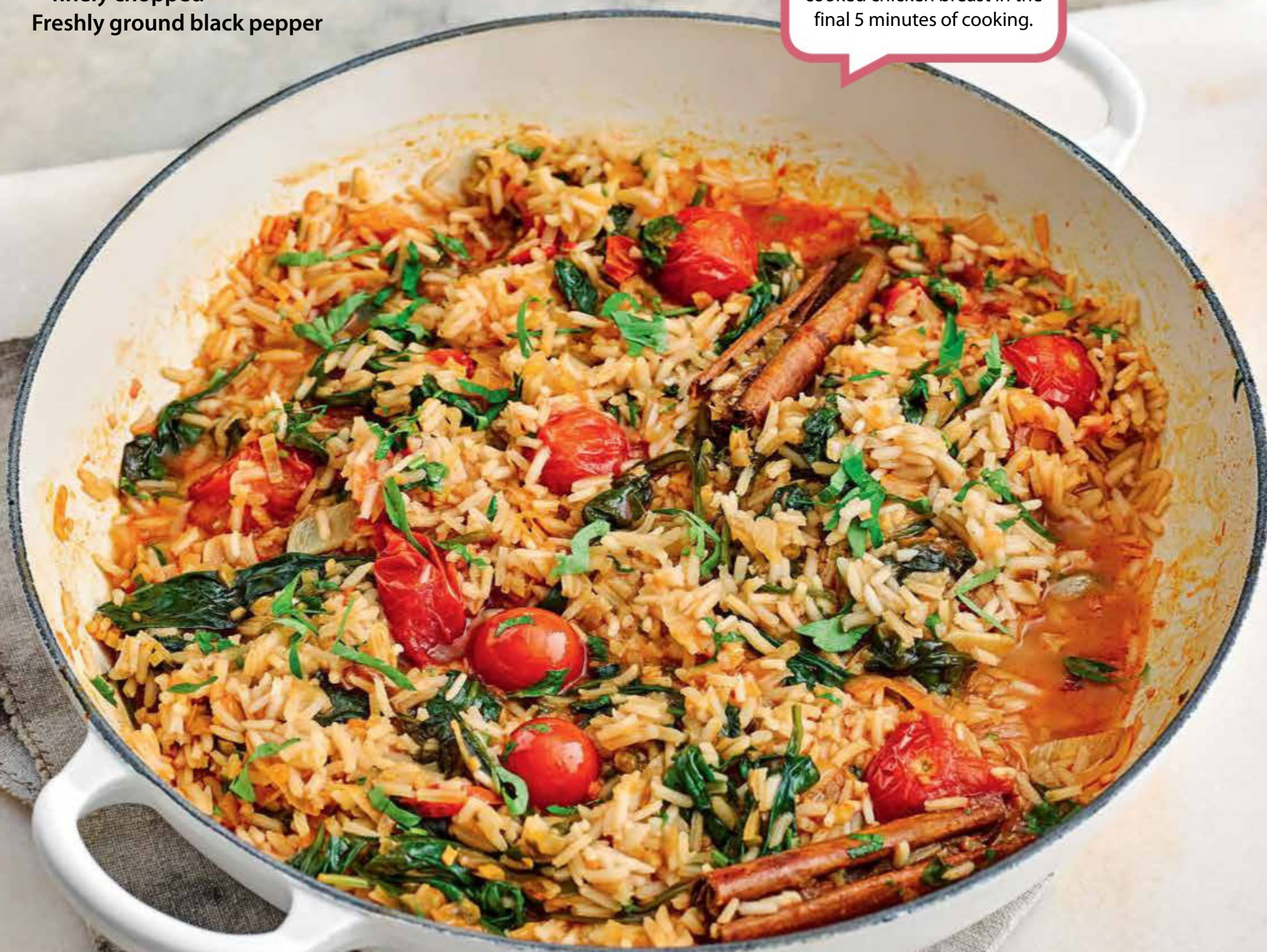
Nutrition info

PER SERVE 1150kJ, **protein** 7g, **total fat** 3g (sat. fat 1g), **carbs** 50g, **fibre** 7g, **sodium** 654mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

PER SERVE (with shredded chicken) 1470kJ, **protein** 22g, **total fat** 5g (sat. fat 1g), **carbs** 50g, **fibre** 7g, **sodium** 677mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option** ■

HEALTH TIP

To boost the protein content, try mixing in 100g shredded cooked chicken breast in the final 5 minutes of cooking.



LEFTOVERS

*Not sure what to do with the remaining food?
Take inspiration from these tasty tips*

GROCERY

HARISSA

Use in dressings, soups or casseroles.

SESAME SEEDS

Toast and sprinkle over salads.

SESAME OIL

Use in dressings or add a little to the end of your stir-fry to add a flavour hit.

MISO

Use in soups, dressings or use to marinate fish/tofu.

COUSCOUS

Cook and use in a roasted veggie salad with a balsamic dressing.

RICE VINEGAR

Use in dressings and to make sushi rice.

PESTO

Use on pizzas or toasted sandwiches.

BREAD

Slice and place in a resealable freezer bag, expel any air and seal. Keep in the freezer for 3 months.

EDAMAME

Eat as a snack or use in stir-fries or noodle salads.

SAUSAGES

Pan-fry or BBQ and serve with steamed vegies and mashed potato.

YEAST FLAKES

Sprinkle over popcorn or pasta or stir into soups to add that extra flavour hit.

FRUIT & VEG

SILVERBEET & KALE

Shred and add to pasta sauces or in the last 5-10 minutes of making a soup.

GINGER

Grate and use in dressings and soups; or place a few thin (unpeeled) slices with a few fresh mint leaves and a slice of lemon in a mug of boiling water and drink before going to bed.

RADISHES

Thinly slice or quarter and use in salads or part of a combination of vegies to serve with a healthy dip.

PARSLEY

Use whole leaves in salads or finely chop and add to soups or casseroles.

SHOPPING LIST

GROCERY

- ☐ 70g tube harissa
- ☐ 500ml carton salt-reduced chicken stock
- ☐ 100g pkt sesame seeds
- ☐ 150ml bottle sesame oil
- ☐ 200g jar miso paste
- ☐ 400g pkt Blu Gourmet Pearl Cous Cous
- ☐ 250ml bottle rice wine vinegar
- ☐ 190g jar pesto
- ☐ 200g pkt Macro nutritional yeast flakes

BAKERY

- ☐ 1 loaf seeded sourdough

CHILLED

- ☐ 300g pkt Sanitarium Vegie Delights Vegie Sausages

FREEZER

- ☐ 400g pkt frozen edamame

FRUIT & VEGETABLES

- ☐ 1 small brown onion
- ☐ 1 brown onion
- ☐ 1 head baby fennel
- ☐ 1 bunch silverbeet
- ☐ Small knob ginger
- ☐ 1 Little Gem Lettuce
- ☐ 100g sugar snap peas
- ☐ 1 lemon

- ☐ 1 bunch radishes
- ☐ 1 red chilli
- ☐ 50g baby spinach leaves
- ☐ 1 bunch kale
- ☐ 1 eggplant
- ☐ 1 bunch flat-leaf parsley
- ☐ 250g mushrooms

SEAFOOD

- ☐ 2 x 150g tuna steaks

MEAT & POULTRY

- ☐ 2 x 125g skinless chicken thigh fillets
- ☐ 250g lean pork mince

PANTRY

- ☐ Olive oil
- ☐ Extra virgin olive oil
- ☐ 2 x 60g eggs
- ☐ 3 cloves garlic
- ☐ Salt-reduced soy sauce
- ☐ 97% fat free mayonnaise
- ☐ Dijon mustard
- ☐ Sugar-free maple syrup
- ☐ Smoked paprika
- ☐ Garlic granules
- ☐ Cinnamon stick
- ☐ Freshly ground black pepper

Try tasty one-pots for all the family – these winter warmers are hearty, wholesome and simple to make

STRAIGHT TO

How our
food works
for you
see page 75



**LOWER-CARB
OPTION**

Drop the bread
and stir 1 large
carrot, sliced
and steamed in
before serving.

Creamy
pear & pork
Recipe, page 27

THE TABLE

A close-up photograph of a white ceramic bowl filled with a vibrant orange-red stew. The stew contains chunks of chickpeas, tomato, and lemon segments. It is garnished with finely chopped green herbs and dark green seeds. The bowl sits on a light-colored wooden surface. In the background, a plate of flatbread and a small bowl of herbs are visible, slightly out of focus.

Cook's Tips

If you can't get your hands on preserved lemons, replace the 2 quarters of preserved lemon with the finely grated zest and juice of 1 lemon in the paste. To serve, simply use a zester to get thin strips of lemon zest to sprinkle over the top.

GFO

CREAMY PEAR & PORK

PREP 10 MINS COOK 50 MINS

SERVES 4 (AS A MAIN)

2 Tbsp olive oil
400g pork loin steak, trimmed of fat, cut into strips
Freshly ground black pepper
2 brown onions, sliced
2 cloves garlic, crushed
Small bunch sage, leaves chopped
2 Tbsp plain flour or gluten-free plain flour
500ml bottle apple or pear cider
2 pears, unpeeled, cored and each cut into 8 slices
100ml light thickened cream
2 (70g) crusty bread rolls or gluten-free rolls, broken into pieces
1 bunch of broccolini, steamed, to serve

1 Heat half of the oil in a medium heavy-based saucepan or flameproof casserole dish over high heat. Season the pork with pepper and add to the pan. Cook, turning often, for 3-4 minutes or until golden brown. Transfer to a plate. Reduce the heat to medium and add the remaining oil and the onion to the pan. Cook, stirring occasionally, for 8-10 minutes or until the onion softens. Add the garlic and cook, stirring, for 1 minute.

2 Add the sage and flour to the pan and cook, stirring, for 1 minute. Increase the heat to high and pour in the cider. Simmer for 4 minutes. Return the pork and juices to the pan. Reduce heat to medium-low and cook, covered, for 10 minutes.

3 Add the pear slices to the pan and stir well. Cover and cook for a further 10 minutes. Stir through the cream and add season with pepper. Divide between serving bowls and serve with crusty bread and broccolini.

Nutrition info

PER SERVE 2060kJ, **protein** 31g, **total fat** 17g (sat. fat 5g), **carbs** 40g, **fibre** 7g, **sodium** 266mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

GFO LCO

PER SERVE 1750kJ (lower-carb option), **protein** 28g, **total fat** 16g (sat. fat 5g), **carbs** 26g, **fibre** 7g, **sodium** 106mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option**

GFO

SPICED CHICKEN AND SWEET POTATO STEW

PREP 15 MINS COOK 40 MINS

SERVES 4 (AS A MAIN)

600g orange sweet potato, cut into chunks
200g baby spinach leaves
1 Tbsp olive oil
8 (800g) skinless and boneless chicken thigh fillets, trimmed of fat
250ml (1 cup) salt-reduced chicken stock or gluten-free stock
250ml (1 cup) water
Freshly ground black pepper
1 Tbsp pumpkin seeds, toasted
2 quarters preserved lemon, rinsed to remove excess salt, seeds removed, chopped
2 small (50g each) naan breads, warmed, halved, to serve

SPICE PASTE

2 brown onions, chopped
1 red chilli, chopped (deseeded if you don't want it too hot)
1 tsp paprika

3cm piece fresh ginger, grated
4 cloves garlic, crushed
400g can no-added-salt chopped tomatoes
1 quarter preserved lemon, rinsed to remove excess salt, seeds removed, chopped

1 Put the sweet potatoes in a large, deep saucepan; cover with boiling water. Cover and bring to boil over high heat. Reduce heat to medium and simmer, partially covered, for 15 minutes or until tender.

2 Meanwhile, put all the ingredients for the spice paste in the bowl of a food processor. Cover and blend until smooth. Set aside.

3 Put the spinach in a large colander in the sink. Pour the sweet potatoes and their cooking water over the colander to drain the potatoes and wilt the spinach at the same time. Set aside to steam dry.

3 Return saucepan to the heat (no need to wash it first) and add the oil.

Heat over medium heat. Add spice paste and cook, stirring, for about 5 minutes or until the paste thickens. Add the chicken and cook, turning occasionally, for 8-10 minutes or until the chicken starts to colour. Pour over the stock. Cover and bring to the boil. Reduce heat to medium and simmer, stirring occasionally, for 10 minutes or until the chicken is cooked (to check cut into one of the thighs and make sure it's white throughout with no sign of pink).

4 Season the dish with pepper. Add the sweet potato and simmer for 5 minutes. Roughly chop the spinach and add to the stew.

5 Scatter over the pumpkin seeds and preserved lemon pieces and serve with warm naan bread.

Nutrition info

PER SERVE 2050kJ, **protein** 45g, **total fat** 16g (sat. fat 4g), **carbs** 36g, **fibre** 9g, **sodium** 601mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

comfort food

GFO

MOROCCAN CHICKEN ONE POT

PREP 20 MINS **COOK** 50 MINS

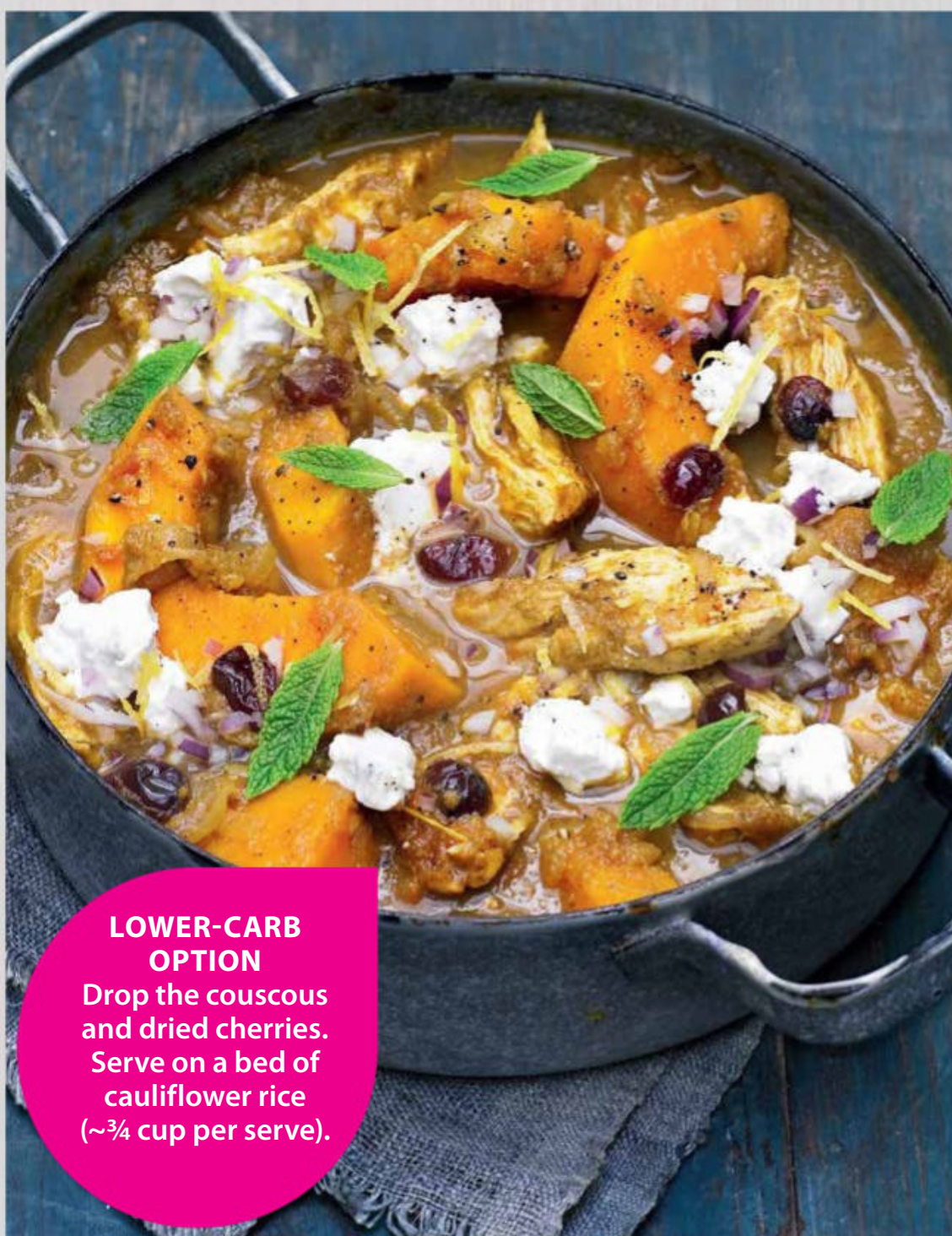
SERVES 6 (AS A MAIN)

3 Tbsp olive oil
600g skinless chicken breast fillets, trimmed of fat
Freshly ground black pepper
2 brown onions, 1 roughly chopped, 1 sliced
100g tomatoes
100g fresh ginger, roughly chopped
3 cloves garlic
1 tsp ground turmeric
1 Tbsp ground cumin
1 Tbsp ground coriander
1 Tbsp ground cinnamon
1 large butternut pumpkin, deseeded, cut into large chunks
600ml salt-reduced chicken stock or gluten-free stock
2 Tbsp light brown soft sugar
2 Tbsp red wine vinegar
100g dried cherries or dried cranberries
1 small red onion, finely chopped
Zest of 1 lemon
Handful small mint leaves
100g reduced-fat feta, crumbled
2 cups cooked couscous
6 Tbsp fat-free natural yoghurt

1 Heat 2 Tbsp of the oil in a large heavy-based saucepan over medium-high heat. Season the chicken with pepper and add to the pan. Cook, turning occasionally, or until browned all over. Transfer to a plate.

2 Place the chopped onion, tomatoes, ginger and garlic in the bowl of a small food processor. Cover and process until a rough paste.

3 Heat the remaining oil in the saucepan over medium heat. Add the sliced onion and cook, stirring occasionally, for 7-8 minutes or



LOWER-CARB OPTION

Drop the couscous and dried cherries. Serve on a bed of cauliflower rice (~¾ cup per serve).

until the onion softens. Add the turmeric, cumin, coriander and cinnamon and cook, stirring, for 1 minute. Add the tomato mixture and cook, stirring, for 2 minutes.

4 Return chicken to pan with pumpkin, stock, sugar and vinegar. Bring to a simmer over medium heat. Reduce heat to medium-low and simmer for 30 minutes until the chicken is cooked through.

5 Use tongs to transfer the chicken to a dish. Stir the cherries into the pan. Continue to simmer the sauce to thicken while you shred the chicken into bite-sized chunks. Stir the chicken back into the sauce and season with pepper.

6 To serve, combine the red onion, lemon zest, mint and feta in a bowl. Scatter over the dish and serve with the couscous and yoghurt.

Nutrition info

PER SERVE 2050kJ, **protein** 35g, **total fat** 15g (sat. fat 4g), **carbs** 50g, **fibre** 7g, **sodium** 516mg

• **Carb exchanges** 3½

• **GI estimate** medium

GFO LCO

PER SERVE (lower-carb option) 1580kJ, **protein** 34g, **total fat** 15g (sat. fat 4g), **carbs** 23g, **fibre** 7g, **sodium** 556mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option**



GFO

CHICKEN & MUSHROOM RISOTTO

PREP 15 MINS **COOK** 35 MINS
SERVES 6 (AS A MAIN)

60g light margarine
2 brown onions, finely chopped
2 thyme sprigs, leaves picked
300g button mushrooms (or a combination of mushrooms), sliced
300g arborio rice
1L (4 cups) salt-reduced chicken stock or gluten-free stock
500ml (2 cups) water
200g skinless cooked chicken breast, cut into chunks
Freshly ground black pepper
1 small bunch flat-leaf parsley, finely chopped
50g grated parmesan, plus extra to serve (optional)

12 asparagus spears, steamed, to serve

12 broccolini stalks, steamed, to serve

3 large carrots, sliced, steamed, to serve

1 Heat the margarine in a large heavy-based saucepan over low heat. Add the onion and cook, stirring occasionally, for 10 minutes or until the onion is very soft. Stir in the thyme and mushrooms. Cook, stirring often, for 5 minutes. Add the rice and stir to coat.

2 Ladle in a quarter of the stock and continue cooking, stirring occasionally and topping up with more stock as it absorbs (you may not need to use all the stock).

3 Once most of the stock has been absorbed and the rice is nearly cooked, add the chicken and stir to warm through. Season well with pepper and stir in the parsley and parmesan. Serve scattered with extra parmesan, if you like.

Nutrition info

PER SERVE 1580kJ, **protein** 22g, **total fat** 9g (sat. fat 4g), **carbs** 47g, **fibre** 7g, **sodium** 664mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option** ■

drinks

GF

DATE AND ALMOND

Put 1 Tbsp almond spread, ½ chopped frozen banana, 150ml almond milk, 2 pitted chopped dates and 1 tsp psyllium husk in a blender. Cover and blend until smooth. Serve immediately.
Serves 1 (as a breakfast).

Nutrition info

PER SERVE 1070kJ, **protein** 3g, **total fat** 13g (sat. fat 2g), **carbs** 29g, **fibre** 7g, **sodium** 156mg
• Carb exchanges 2 • GI estimate low • Gluten free

GF

BLUEBERRY CRUSH

Put 2 Tbsp reduced-fat Greek natural yoghurt, 80g (½ cup) blueberries 150ml coconut water and 3 ice cubes in a blender. Cover and blend until smooth. Serves 1 (as a snack).

Nutrition info

PER SERVE 422kJ, **protein** 4g, **total fat** 1g (sat. fat 1g), **carbs** 18g, **fibre** 4g, **sodium** 100mg
• Carb exchanges 1
• GI estimate low • Gluten free

SMOOTH OPERATOR

Smoothies are a healthy and refreshing pick-me-up for any time of the day

GF

LC

GREEN GIANT

Put a handful of baby spinach leaves, ¼ chopped avocado, ¼ chopped frozen banana, 1 chopped kiwi fruit, 150ml chilled unsweetened apple juice and juice of half a lime in a blender. Cover and blend until smooth. Serves 1 (as a light meal or light breakfast).

Nutrition info

PER SERVE 738kJ, **protein** 3g, **total fat** 6g (sat. fat 1g), **carbs** 23g, **fibre** 8g, **sodium** 35mg • Carb exchanges 1½ • GI estimate low
• Gluten free • Lower carb

GF

TOTALLY TROPICAL

Put ¼ chopped mango, 3 chunks of pineapple and 2 Tbsp coconut yoghurt in a blender. Add 150ml coconut water and 3 ice cubes. Cover and blend until smooth.
Serves 1 (as a snack).

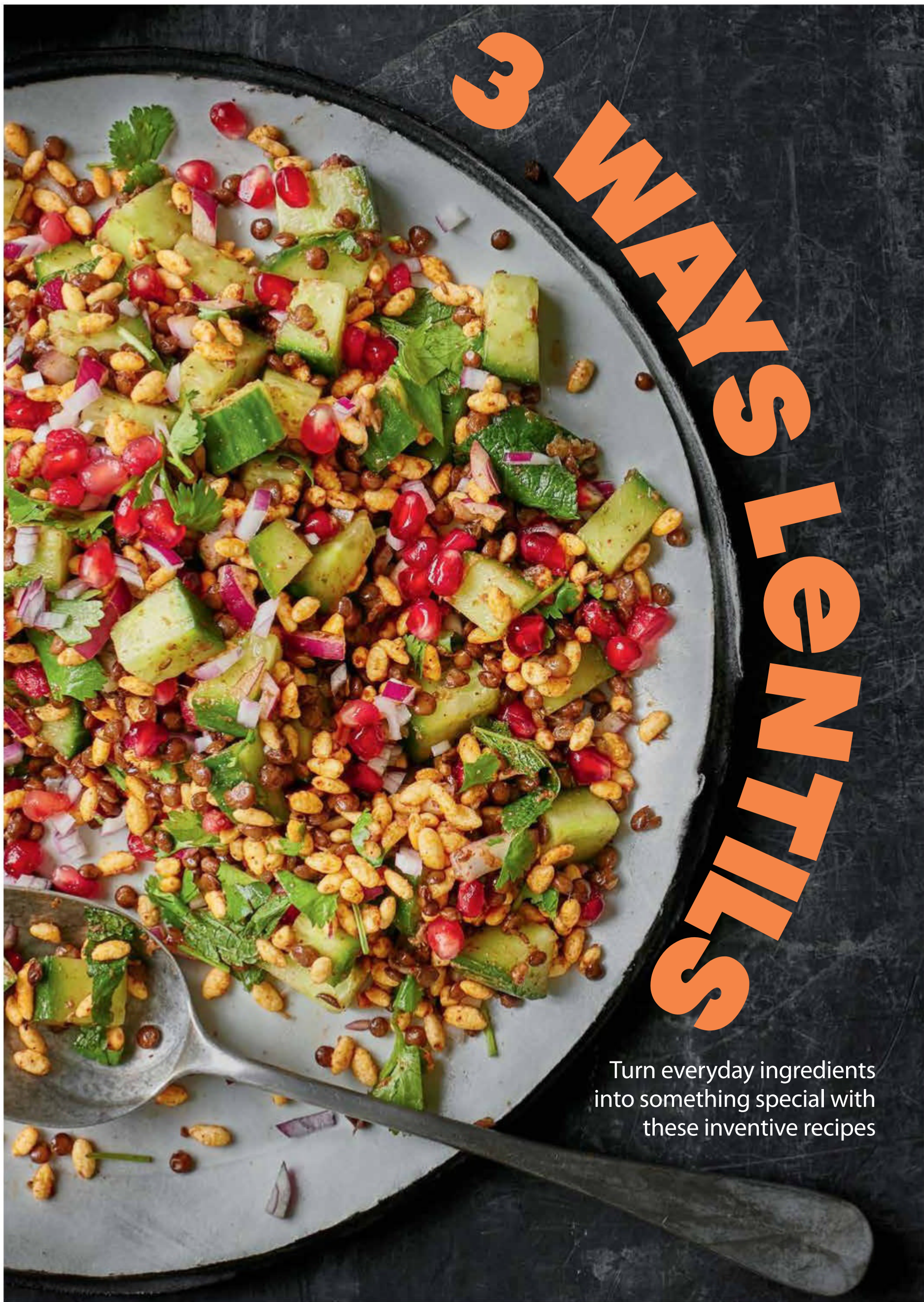
Nutrition info

PER SERVE 586kJ, **protein** 3g, **total fat** 3g (sat. fat 2g), **carbs** 26g, **fibre** 2g, **sodium** 69mg
• Carb exchanges 1½ • GI estimate low • Gluten free ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

3 WAYS LENTILS

Turn everyday ingredients
into something special with
these inventive recipes



GFO

GREEN LENTIL HARISSA SOUP

PREP 20 MINS **COOK** 40 MINS
SERVES 4 (AS A MAIN)

- 1 large brown onion, finely chopped
- 2 celery sticks, finely chopped
- 2 large parsnips, finely chopped
- 2 Tbsp olive oil
- 2 cloves garlic, crushed
- 1 bunch coriander, leaves and stalks separated, stalks finely sliced
- 2 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp ground cinnamon
- 1 Tbsp harissa or gluten-free harissa
- 150g dried green lentils
- 625ml (2½ cups) salt-reduced vegetable stock or gluten-free stock
- 375ml (1½ cups) water
- 2 leeks, halved lengthways, cleaned, finely chopped
- 420g can salt-reduced chickpeas, drained and rinsed
- 50g kale, thick stalks discarded, leaves shredded
- Freshly ground black pepper
- 1 lemon, cut into wedges

1 Put the onion, celery and parsnips in a large saucepan with the oil. Cook, stirring often, over low heat for 10 minutes or until the onion is very soft. Add the garlic and coriander stalks. Cook, stirring, for 1 minute. Add the ground coriander, turmeric, cinnamon and harissa. Cook, stirring for 1 minute.

2 Add the lentils, stock and water to the pan. Cover and bring to a simmer over high heat. Reduce heat to low and cook, covered, for 10 minutes. Add the leeks and continue to cook for 10 minutes or until the lentils are just tender but still retain a little bite.

3 Remove the lid from the soup and stir through the chickpeas and kale. Simmer gently until the kale leaves just wilt. Season well with pepper and some of the lemon juice from the wedges. Roughly chop the coriander leaves and stir through. If the soup is too thick, top up with just-boiled water from the kettle and check again for seasoning.

4 Ladle soup between bowls. Serve with the remaining lemon wedges on the side to squeeze over.

Nutrition info

PER SERVE 1650kJ, **protein** 19g, **total fat** 13g (sat. fat 2g), **carbs** 41g, **fibre** 16g, **sodium** 591mg
• **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

How our
food works
for you
see page 75







*Time to up your toasted sandwich game
with these cheesy quesadillas*

GFO

**LENTIL, CHEESE AND
SHALLOT QUESADILLAS****PREP** 15 MINS **COOK** 20 MINS**SERVES** 4 (½ PER SERVE;
AS A LIGHT MEAL)**8 green shallots****1 tsp olive oil, plus 1 tsp
extra for frying****1 x 400g no-added-salt brown
lentils, drained and rinsed well****2 Tbsp tomato purée****2 tsp ground cumin****1 tsp dried oregano****Juice of ¼ a lime****4 Old El Paso Wholegrain Tortilla
or gluten-free tortillas****125g grated reduced-fat
tasty cheese****1 green jalapeño, sliced, to serve****1 tsp hot sauce, per person,
to serve****4 Tbsp reduced-fat Greek
natural yoghurt**

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Trim the green shallots, then toss with 1 tsp oil and spread over the lined tray. Roast for 8-10 minutes or until they start to soften. When done, reduce the oven temperature to 100°C (fan-forced), for keeping the finished quesadillas warm.

2 Tip the lentils into a bowl. Add the tomato purée, cumin and oregano. Use a potato masher to mash together. You want it chunky, but mashed enough so that the mixture starts to stick to itself. Add lime juice and stir well.

3 Lay out two of the wraps on the work surface. Put half of the lentil mixture on each, and mash or spread to cover. Add 2 roasted green shallots per wrap, then scatter the cheese over thickly. Press a second

wrap firmly down on top to make two quesadillas.

4 Heat a large non-stick frying pan over medium heat and wipe with an oiled paper towel. Fry one quesadilla at a time, pressing into pan, for 2-4 minutes until evenly toasted and crisp, and the cheese is starting to melt. Flip and repeat on the other side. Once finished, carefully slide the quesadilla onto the lined tray. Keep warm in the low oven while you make the rest.

5 Cut each quesadillas into quarters, serving 2 quarters per person. Top with jalapeños and drizzle with the hot sauce. Eat dunked in the yoghurt.

Nutrition info

PER SERVE 1450kJ, **protein** 20g, **total fat** 14g (sat. fat 7g), **carbs** 32g, **fibre** 7g, **sodium** 733mg
• **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

GFO

**SPICED LENTIL, PUFFED
RICE & CUCUMBER SALAD****PREP** 15 MINS **COOK** 5 MINS**SERVES** 4 (AS A LIGHT MEAL)**250g cooked puy lentils****1 tsp cumin seeds****1 Tbsp tamarind paste
or gluten-free tamarind paste****2 tsp brown sugar****3 Tbsp fresh lemon juice****1 tsp freshly grated ginger****1 Tbsp olive oil****1 tsp mild curry powder or
gluten-free curry powder****Pinch ground chillies****2 tsp olive oil****50g puffed rice (see Cook's Tip)****½ cucumber, cut into chunks****Small bunch of coriander,
roughly chopped****½ small bunch of mint, leaves
picked and torn**

1 small red onion, finely chopped
**100g pomegranate seeds
or 20g Ocean Spray 50%
less sugar Craisins**
**150g reduced-fat natural yoghurt,
to serve**

1 Spread the lentils over a platter. Set aside. Toast the cumin seeds in a small dry non-stick frying pan over medium heat, stirring, for 1-2 minutes or until fragrant. Transfer to a bowl. Add the tamarind paste, sugar, lemon juice, ginger and oil. Whisk to combine.

2 Put the curry powder and ground chillies in the dry frying pan. Cook, stirring, for 10 seconds then add the oil and puffed rice. Cook over medium-low heat until the rice is covered in the spices and lightly toasted. Cool on a plate.

3 Place the lentils in a bowl. Add the tamarind dressing and toss to combine. Fold through the cucumber chunks with the coriander and mint, most of the red onion and most of the pomegranate seeds. Just before you eat, toss through the spiced puffed rice. Scatter the remaining onion and pomegranate seeds over the top. Drizzle over the yoghurt. Serve.

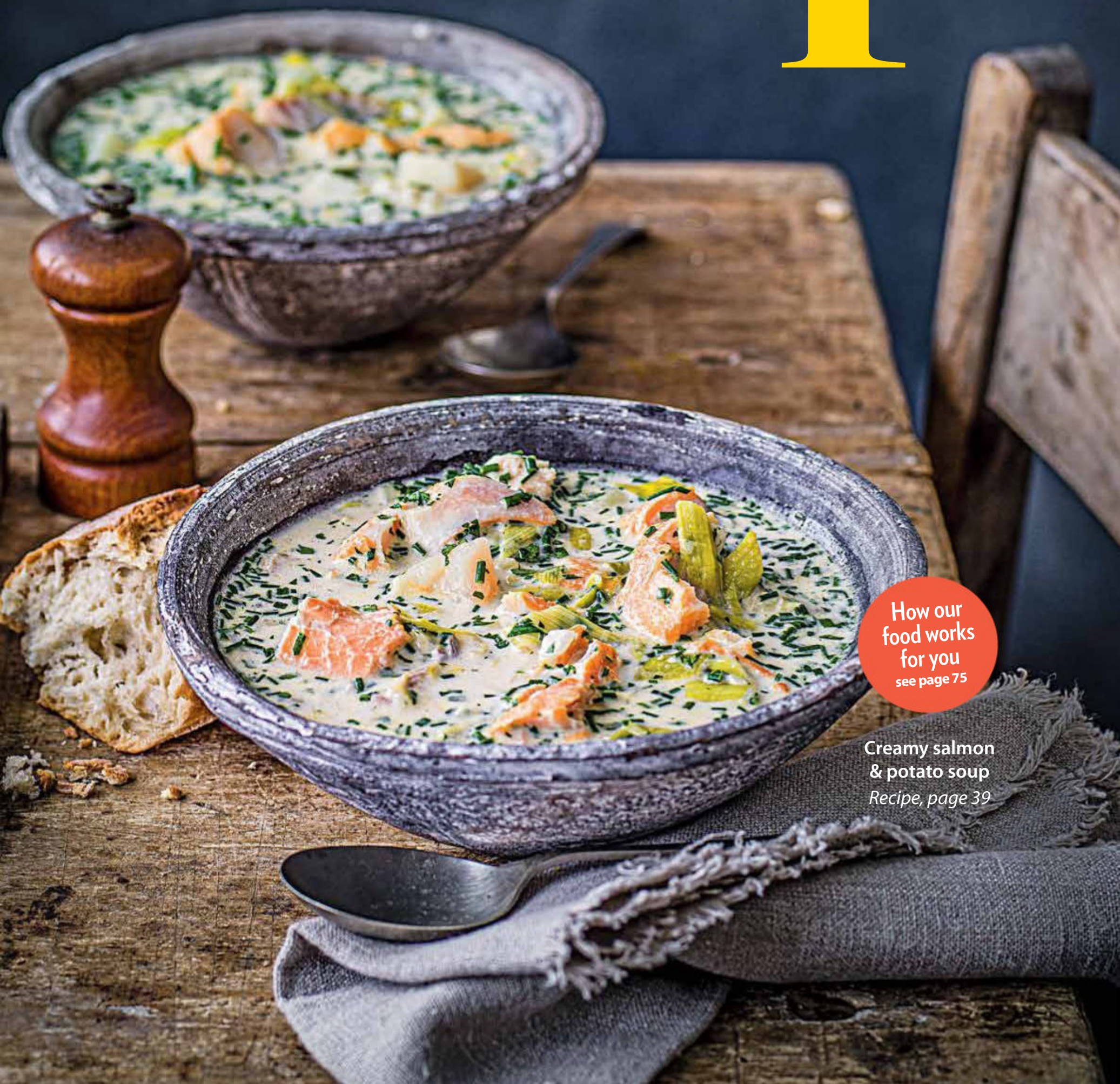
COOK'S TIP Rice puffs are available in the Indian section of the supermarket.

Nutrition info

PER SERVE 1240kJ, **protein** 11g, **total fat** 9g (sat. fat 2g), **carbs** 38g, **fibre** 8g, **sodium** 93mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option** ■

souped up

Elevate the humble bowl of soup to a starring role with these inventive, cockle-warming recipes



How our
food works
for you
see page 75

Creamy salmon
& potato soup
Recipe, page 39



Kale, risoni &
meatball soup
Recipe, page 40





CREAMY SALMON & POTATO SOUP

PREP 15 MINS **COOK** 40 MINS
SERVES 4 (AS A LIGHT MEAL)

25g light margarine
1 large brown onion, chopped
1 large leek, chopped, rinsed
and drained
300g floury potatoes, cut into
bite-sized chunks
375ml (1½ cups) salt-reduced
chicken stock or gluten-free
stock
375ml (1½ cups) water
80ml (⅓ cup) light thickened
cream
70g (⅓ cup) Greek natural
yoghurt
250g hot-smoked salmon, skin
removed and broken into flakes
Ground white pepper
2 Tbsp chopped chives
2 Tbsp chopped flat-leaf parsley

1 Melt the margarine in a large
saucepan over medium heat.
Add the onion and leek and
cook, stirring occasionally, for
15-20 minutes or until really soft.
Add the potatoes and cook, stirring,
for 1 minute. Pour in the stock and
water. Bring to a simmer. Cook for
10-15 minutes or until the potatoes
are tender. Use a potato masher
to roughly crush a third of the
potatoes in the pan. Stir in the
cream, yoghurt and salmon. Season
with white pepper. Return to a
simmer and cook for 2-3 minutes
or until the fish is heated through.

2 Remove the pan from the heat
and stir in the chives and parsley.
Serve in warm bowls.

Nutrition info

PER SERVE 1300kJ, **protein** 18g,
total fat 18g (sat. fat 6g), **carbs** 17g,
fibre 4g, **sodium** 737mg • **Carb**
exchanges 1 • **GI estimate** medium
• **Gluten-free option** • **Lower carb**

*Soups are an excellent way
to boost your vegetable intake.
Each of these soups contain
at least two serves of
vegetables per serve.*

SPICED PUMPKIN, SPINACH & LENTIL SOUP

PREP 10 MINS
COOK 1 HOUR 10 MINS
SERVES 6 (AS A LIGHT MEAL)

400g butternut pumpkin, peeled
and deseeded, cut into chunks
2 Tbsp olive oil
2½ tsp cumin seeds, toasted
300g dried puy lentils
1L (4 cups) salt-reduced
vegetable stock
75g bulghur (cracked wheat)
200g baby spinach leaves,
chopped
Zest and juice of ½ lemon
500ml (2 cups) water
4 Tbsp reduced-fat natural
yoghurt, whisked until smooth

1 Preheat oven to 200°C (fan-
forced). Line a roasting tin with
baking paper. Put pumpkin in tin
and drizzle with the oil. Sprinkle
over 2 tsp of cumin seeds. Toss to
combine. Roast pumpkin for 25
minutes or until golden and tender.

2 Scoop half the pumpkin from
the tin and put in a saucepan.
Add the lentils and the stock.
Bring to the boil over high heat.
Reduce heat to medium and
simmer, stirring occasionally,
for 35-40 minutes, adding the
bulghur for the last 10 minutes.

3 Use a wooden spoon to mash
some of the pumpkin pieces in
the soup. Stir the spinach, lemon
zest and juice, water and remaining
pumpkin into the soup. Cook,
stirring, over medium heat
until heated through.

4 Divide soup between serving
bowls. Serve with a dollop of
yoghurt and a sprinkle of the
remaining cumin seeds.

Nutrition info

PER SERVE 1360kJ, **protein** 17g,
total fat 8g (sat. fat 2g), **carbs**
39g, **fibre** 9g, **sodium** 476mg
• **Carb exchanges** 2½
• **GI estimate** low

winter favourites

LC

KALE, RISONI & MEATBALL SOUP

PREP 15 MINS **COOK** 30 MINS
SERVES 4 (AS A LIGHT MEAL)

1 Tbsp olive oil
2 brown onions, finely chopped
1 clove garlic, crushed
1-2 red chillies, finely chopped
500ml (2 cups) salt-reduced chicken stock
500ml (2 cups) water
200g kale, inner rib removed, roughly chopped
3 Tbsp risoni
40g grated parmesan

MEATBALLS

1 crustless slice wholemeal bread, drizzled with 2 Tbsp skim milk
250g lean pork mince

1 egg yolk (from 60g egg)
2 Tbsp chopped flat-leaf parsley
½ clove garlic, crushed
2 Tbsp finely grated parmesan
2 tsp olive oil

1 To make the meatballs, break up the soaked bread into a bowl. Add the pork mince, egg yolk, parsley, garlic and parmesan. Mix until well combined. Roll the mixture into 24 marble-sized balls. Heat the oil in a large non-stick frying pan over medium-high heat. Add the meatballs and cook for 2-3 minutes, turning often, or until browned and cooked through. Transfer to a plate.

2 Heat the oil in the same frying pan over medium heat. Add the onion and cook, stirring

occasionally, for 6-7 minutes, stirring occasionally, or until golden brown and caramelised. Stir in the garlic and chilli. Cook, stirring, for 2 minutes.

3 Add the stock, water, kale, risoni and meatballs to the pan. Simmer for 15-20 minutes or until the risoni and kale are cooked. Sprinkle over the parmesan, to serve.

Nutrition info

PER SERVE 1370kJ, **protein** 26g, **total fat** 16g (sat. fat 5g), **carbs** 20g, **fibre** 5g, **sodium** 614mg • **Carb exchanges** 1½
• **GI estimate** low • **Lower carb**

GFO

LC

CARROT & CORIANDER SOUP WITH SPICY FLATBREAD CROUTONS

PREP 15 MINS **COOK** 40 MINS
SERVE 4 (AS A LIGHT MEAL)

1 Tbsp olive oil
1 brown onion, chopped
1 tsp ground coriander
½ tsp ground cumin
½ tsp ground turmeric
500g carrots, chopped
1 floury potato, chopped
500ml (2 cups) salt-reduced vegetable stock or gluten-free stock
500ml (2 cups) water
1 bunch coriander, chopped

CROUTONS

2 small (30g each) flatbreads, pitas or gluten-free bread

2 Tbsp olive oil
1 Tbsp ras el hanout
Freshly ground black pepper

1 Heat the oil in a saucepan over medium heat. Add the onion and cook, stirring occasionally, for 6-7 minutes or until the onion softens. Add the ground coriander, cumin and turmeric. Cook, stirring, for 1 minute. Add the carrots, potato and stock. Cover and bring to the boil over high heat. Reduce heat to medium and simmer for 25-30 minutes or until the vegetables are tender.

2 Meanwhile, to make the croutons, preheat oven to 180°C (fan-forced). Cut the flatbreads into bite-sized pieces then toss in the oil, ras el hanout and pepper. Spread over

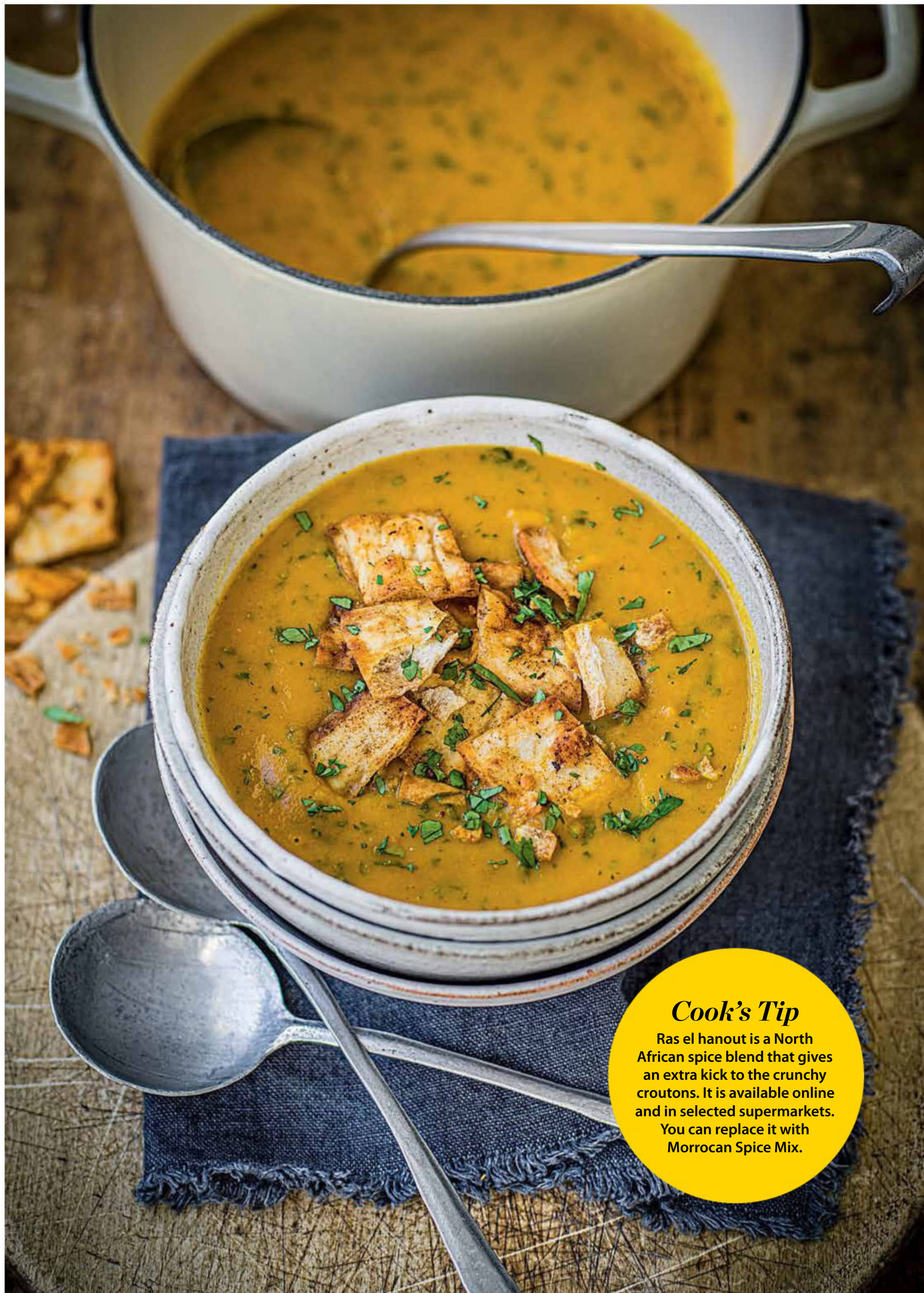
a non-stick baking tray and bake for 10-15 minutes or until crisp and golden.

3 Use a hand held blender or pour soup into a blender and whizz until smooth. Stir in most of the fresh coriander. Season with pepper. Serve topped with croutons and an extra sprinkle of fresh coriander, if you like.

Nutrition info

PER SERVE 1070kJ, **protein** 4g, **total fat** 15g (sat. fat 3g), **carbs** 23g, **fibre** 8g, **sodium** 462mg
• **Carb exchanges** 1½
• **GI estimate** medium
• **Gluten-free option**
• **Lower carb** ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)



Cook's Tip

Ras el hanout is a North African spice blend that gives an extra kick to the crunchy croutons. It is available online and in selected supermarkets. You can replace it with Moroccan Spice Mix.

vegie



How our
food works
for you
see page 75

Spiced halloumi &
pineapple burger
with zingy slaw
Recipe, page 44

**LOWER-CARB
OPTION**
Switch out the
burger buns for
1 Little Gem Lettuce,
divided into
4 lettuce cups.

bbq

Being a vegetarian or eating well doesn't mean you should
miss out on a BBQ – try these healthier, meat-free recipes

BARBECUE SALAD PIZZA

PREP 25 MINS **COOK** 20 MINS

SERVES 3 (AS A MAIN)

PIZZA DOUGH

200g white bread flour,
plus extra for dusting
½ tsp dried yeast
120ml lukewarm water

TOPPING

3 Little Gem lettuces,
halved lengthways
200g broccolini
6 green shallots, trimmed
Olive oil, for brushing
30g walnuts, toasted,
roughly chopped
Zest of 1 lemon

DRESSING

80ml (⅓ cup) buttermilk
(see Cook's Tip)
2 Tbsp Greek-style reduced-fat
natural yoghurt
1 tsp Dijon mustard
½ clove garlic, crushed
Juice of 1 lemon
Freshly ground black pepper

1 To make the pizza dough, combine the flour and yeast in a large bowl. Pour in the warm water and use a flat-bladed knife to mix until starts to come together to form a ball. Turn dough out onto a lightly floured surface and knead to form a smooth dough. Return the dough to the bowl. Cover with a clean tea towel and set aside somewhere warm for about 45 minutes, or until the dough has doubled in size (the dough can be made the night ahead and kept, covered, in the fridge).

2 To make the dressing, put the buttermilk, yoghurt, mustard and garlic in a small bowl. Whisk to combine. Add lemon juice to taste. Season with pepper.

3 Preheat a barbecue grill or plate on high. Brush the cut side of the lettuce, broccolini and green

shallots with a little oil. Add the vegetables to the barbecue and cook until charred (broccolini will take the longest) for 8-10 minutes or until tender, removing vegetables as they are ready.

4 Roll the dough out on a lightly floured surface until about 30cm in diameter. Flour a large piece of foil and put the dough on top and carefully place on the barbecue. Put the lid on the barbecue and cook the dough, with the lid on throughout, for 6-8 minutes. Remove and transfer to a board.

5 Pile the charred vegetables on top of the dough. Drizzle over some of the dressing (leaving some to dip the crusts) and scatter over the toasted walnuts and lemon zest. Serve.

Nutrition info

PER SERVE 1730kJ, **protein** 17g,
total fat 12g (sat. fat 1g), **carbs** 55g,
fibre 9g, **sodium** 115mg

• **Carb exchanges** 3½

• **GI estimate** medium

Cook's Tip

If you can't find any buttermilk, add 1 tsp fresh lemon juice to 1/3 cup milk. Stand for 5 minutes. Stir and use.



food in focus

GFO LC

VEGIE KEBABS WITH AVOCADO DRESSING

PREP 30 MINS COOK 10 MINS
SERVES 4 (AS A MAIN)

2 cloves garlic, crushed
1 tsp chilli flakes
3 rosemary sprigs, finely chopped
3 Tbsp olive oil
Freshly ground black pepper
4 portobello mushrooms, cut into quarters
4 peaches, stone removed, cut into quarters
2 large zucchinis, each cut into 8 chunks
2 large red onions, cut into 8 wedges (leave the root on)
1 avocado
50ml water
Juice of 1 lemon
Freshly ground black pepper

½ tsp wholegrain mustard or gluten-free mustard
120g bag rocket, watercress and spinach salad
2 Tbsp toasted mixed seeds

1 Put the garlic, chilli flakes, rosemary and 2 Tbsp of the oil in a bowl. Stir well. Thread alternative pieces of mushroom, peach, zucchini and red onion onto each of 8 metal skewers – you can get two pieces of everything on each. Brush the kebabs with the flavoured olive oil and season with pepper. Set aside.

2 Preheat barbecue grill on high. Put the avocado, water and half the lemon juice in a small food processor. Cover and process until smooth. Season with pepper. Whisk the remaining lemon juice,

remaining oil and mustard together in a bowl. Add the rocket salad and toasted seeds. Toss to combine.

3 Add the skewers to the barbecue and cook for 4-5 minutes each side or until cooked through and nicely charred. Pile onto a platter and serve with the avocado dressing and salad on the side.

Nutrition info

PER SERVE 1500kJ, protein 10g, total fat 23g (sat. fat 3g), carbs 19g, fibre 14g, sodium 73mg • Carb exchanges 1½ • GI estimate low • Gluten-free option • Lower carb

GFO

SPICED HALLOUMI & PINEAPPLE BURGER WITH ZINGY SLAW

PREP 20 MINS COOK 5 MINS
SERVES 2 (AS A MAIN)

½ red cabbage, finely shredded
2 carrots, coarsely grated
100g radishes, trimmed, thinly sliced into rounds
1 small bunch coriander, leaves chopped
Juice of 2 limes
1 Tbsp olive oil
Pinch chilli flakes
Freshly ground black pepper
1 Tbsp chipotle sauce
60g salt-reduced haloumi, cut into 4 slices
2 small slices fresh pineapple
2 small (35g each) seeded burger buns or gluten-free buns, cut in half, to serve

1 Preheat barbecue grill or plate on medium-high. Put the cabbage, carrot, radish and coriander in a bowl. Pour over the lime juice. Add 2 tsp oil, the chilli flakes and pepper. Give everything a good mix with your hands. Place in an airtight container in the fridge until ready to use (can be made a few hours ahead).

2 Mix remaining oil with chipotle sauce in a small bowl. Coat haloumi slices in the mixture. Put haloumi slices on a sheet of foil and put on the barbecue with pineapple (or use a searing hot chargrill if cooking inside). Cook for 2 minutes on each side until cheese is golden, and the pineapple is beginning to caramelise. Brush buns with remaining chipotle oil, then place the burger buns, if using, cut-side down, on the barbecue for the last 30 seconds of cooking to toast.

3 Assemble your burgers with the buns. Start with a handful of the slaw, then add haloumi and pineapple. Serve with the remaining slaw on the side.

Nutrition info

PER SERVE (with burger bun) 1780kJ, protein 15g, total fat 19g (sat. fat 7g), carbs 39g, fibre 16g, sodium 747mg • Carb exchanges 2½ • GI estimate low • Gluten-free option

GFO LCO

PER SERVE (lower-carb option; with lettuce buns) 1430kJ, protein 12g, total fat 18g (sat. fat 7g), carbs 25g, fibre 14g, sodium 520mg • Carb exchanges 1½ • GI estimate low • Gluten-free option ■



Cook's Tip

The skewers can be made and kept in the fridge the day before.

*Combine your favourite
fruit and veg onto an
appetising grilled kebab*





3 RECIPES FOR SKIN HEALTH

We give you a day's meal plan packed full of ingredients that are good for your skin

Breakfast

GFO LC

CURRIED BROCCOLINI & BOILED EGGS ON TOAST

PREP 10 MINS **COOK** 15 MINS
SERVES 2 (AS A BREAKFAST)

½ tsp ground turmeric
1 tsp garam masala
2 tsp olive oil
200g broccolini, ends trimmed
Freshly ground black pepper
2 x 60g eggs
2 slices (40g each) wholemeal
sourdough, toasted
or gluten-free bread
1 Tbsp natural yoghurt
1 Tbsp pomegranate seeds

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Combine the turmeric, garam masala and oil in a bowl. Add the broccolini and

toss to combine. Season with pepper. Spread out over the lined tray. Roast for 12 minutes or until the broccolini is tender.

2 Meanwhile, bring a small saucepan of water to the boil. Lower in the eggs and boil for 6 minutes. Immediately rinse under cold water. Peel and halve the eggs.

3 Spread the toast with the yoghurt. Top each slice with the roasted broccolini and an egg. Scatter over the pomegranate seeds and serve.

Nutrition info

PER SERVE 1120kJ, **protein** 16g, **total fat** 12g (sat. fat 3g), **carbs** 22g, **fibre** 6g, **sodium** 288mg • **Carb exchanges** 1½ • **GI estimate** low
• **Gluten-free option** • **Lower carb**

How our
food works
for you
see page 75

Eating eggs for breakfast will not only help keep you full, they are a great source of protein and vitamin A which helps improve skin quality. Pomegranate seeds contain polyphenols which may help protect against signs of ageing.



in one day

Lunch

GF

LC

AVOCADO HUMMUS & VEGIE STICKS

START TO FINISH 10 MINS

SERVES 2 (AS A LIGHT MEAL)

1 avocado, peeled and stone removed

½ x 420g can drained no-added-salt chickpeas, drained

1 clove garlic, crushed

Pinch chilli flakes, plus extra to serve

Juice of 1 lime

Freshly ground black pepper

Handful coriander leaves

2 carrots, cut into strips

2 capsicum, cut into strips

160g sugar snap peas

1 Put the avocado, chickpeas, garlic and lime juice in the bowl of a small food processor. Season with pepper. Blend until smooth.

2 Spoon the avocado hummus into a serving bowl. Top with the coriander leaves and extra chilli flakes. Serve with the carrot, capsicum and sugar snap peas.

Nutrition info

PER SERVE 930kJ,

protein 9g, total fat

8g (sat. fat 1g), carbs 20g,

fibre 18g, sodium 93mg

• Carb exchanges 1½

• GI estimate low

• Gluten free • Lower carb

This lunch contains all 5 serves of vegetables to reach your 5-a-day goal! Brightly coloured vegetables supply beta-carotene to the body which is converted into skin-friendly vitamin A. Avocado is rich in mono-unsaturated fats and vitamin E, which help to maintain healthy skin.

Cook's Tip

Great made the night before and packed into a small airtight container to take to work for lunch.

**LOWER-CARB
OPTION**

Swap brown
rice for 200g
cooked quinoa.

Dinner

GF

**ROAST CHICKEN
THIGHS WITH BROWN
RICE & SALSA VERDE**

PREP 10 MINS **COOK** 35 MINS
SERVES 2 (AS A MAIN)

3 (280g) small boneless skinless
chicken thigh fillets, each
cut in half, trimmed

Freshly ground black pepper

1½ Tbsp olive oil

2 cloves garlic, bashed

½ bunch coriander

½ small bunch flat-leaf parsley

1 drained anchovy fillet

2 tsp drained capers

Zest and juice of ½ a lemon

200g pre-cooked brown rice

200g baby spinach leaves

1 large carrot, sliced, steamed,
to serve

1 Preheat oven to 180°C (fan-
forced). Line a large roasting pan
with baking paper. Season the
chicken with pepper and rub with
2 tsp oil. Place in the pan with the
garlic and roast for 25-30 minutes
or until the chicken is tender.

2 Meanwhile, put the coriander,
parsley, anchovy fillet, capers,

*This salsa verde is packed with vitamin C,
which boosts collagen production and improves
iron absorption from the chicken thighs.*

lemon juice and remaining oil in
the bowl of a small food processor.
Season with pepper. Process until
finely chopped. Set aside.

3 Once the chicken is cooked,
remove the pan from the oven
and squeeze the garlic out of
their skins. Add the rice and use
a wooden spoon to break it up.
Add the spinach and lemon zest
and toss to combine. Return to
the oven for 5 minutes.

4 Divide chicken rice between
serving bowls and top each with
a dollop of the salsa verde.

Nutrition info

PER SERVE 2180kJ, **protein** 34g,
total fat 24g (sat. fat 5g), **carbs**
38g, **fibre** 9g, **sodium** 334mg

• **Carb exchanges** 2½

• **GI estimate** medium

• **Gluten free**

GF **LCO**

PER SERVE 1900kJ, **protein** 34g,
total fat 23g (sat. fat 5g), **carbs** 22g,
fibre 10g, **sodium** 337mg

• **Carb exchanges** 1½

• **GI estimate** low • **Gluten free**

• **Lower-carb option** ■



Classic crowd-pleasing dishes made a little lighter

HEALTHIER

**LOWER-CARB
OPTION**

Swap the regular
pasta for 250g
Atkins Low Carb
Penne.

Pumpkin &
pesto pasta
Recipe, page 52

FAMILY FAVOURITES



Prawn fried rice
Recipe, page 53

How our
food works
for you
see page 75

makeover

Pumpkins are a good source of carotenoids, which can be converted to Vitamin A in the body to support your eye health, immune system and skin.

GF

HEALTHY TIKKA MASALA

PREP 15 MINS COOK 55 MINS

SERVES 4 (AS A MAIN)

1 large brown onion, chopped

4 large cloves garlic

3cm piece ginger

2 Tbsp olive oil

600g skinless chicken breast fillets, trimmed of fat, cut into chunks

2 tsp ground cumin

2 tsp garam masala

2 tsp ground coriander

2 tsp ground turmeric

1 tsp cayenne pepper

400g can no-added-salt chopped tomatoes

40g almond meal

200g baby spinach leaves

Freshly ground black pepper

3 Tbsp fat-free natural yoghurt

½ small bunch coriander, chopped

100g brown basmati rice, cooked following packet directions, to serve

1 Put the onion, garlic and ginger in the bowl of a small food processor. Cover and process until a smooth paste is formed.

2 Heat 1 Tbsp of the oil in a flameproof and ovenproof casserole dish over medium heat. Add the onion mixture and cook, stirring

occasionally, for 15 minutes. Tip into a bowl and wipe out the pan.

3 Add the remaining oil to the pan and heat over medium heat. Add the chicken and cook, turning occasionally, for 5-7 minutes or until lightly browned. Stir in the cumin, garam masala, coriander, turmeric and cayenne. Cook, stirring, for 1 minute. Return the onion mixture to the pan with the tomatoes and 1 can full of water. Bring to the boil over high heat. Reduce heat to medium and simmer for 15 minutes.

4 Stir the almond meal and spinach in the pan. Cook for a further 10 minutes. Season with pepper. Stir through the yoghurt and coriander. Serve with the rice.

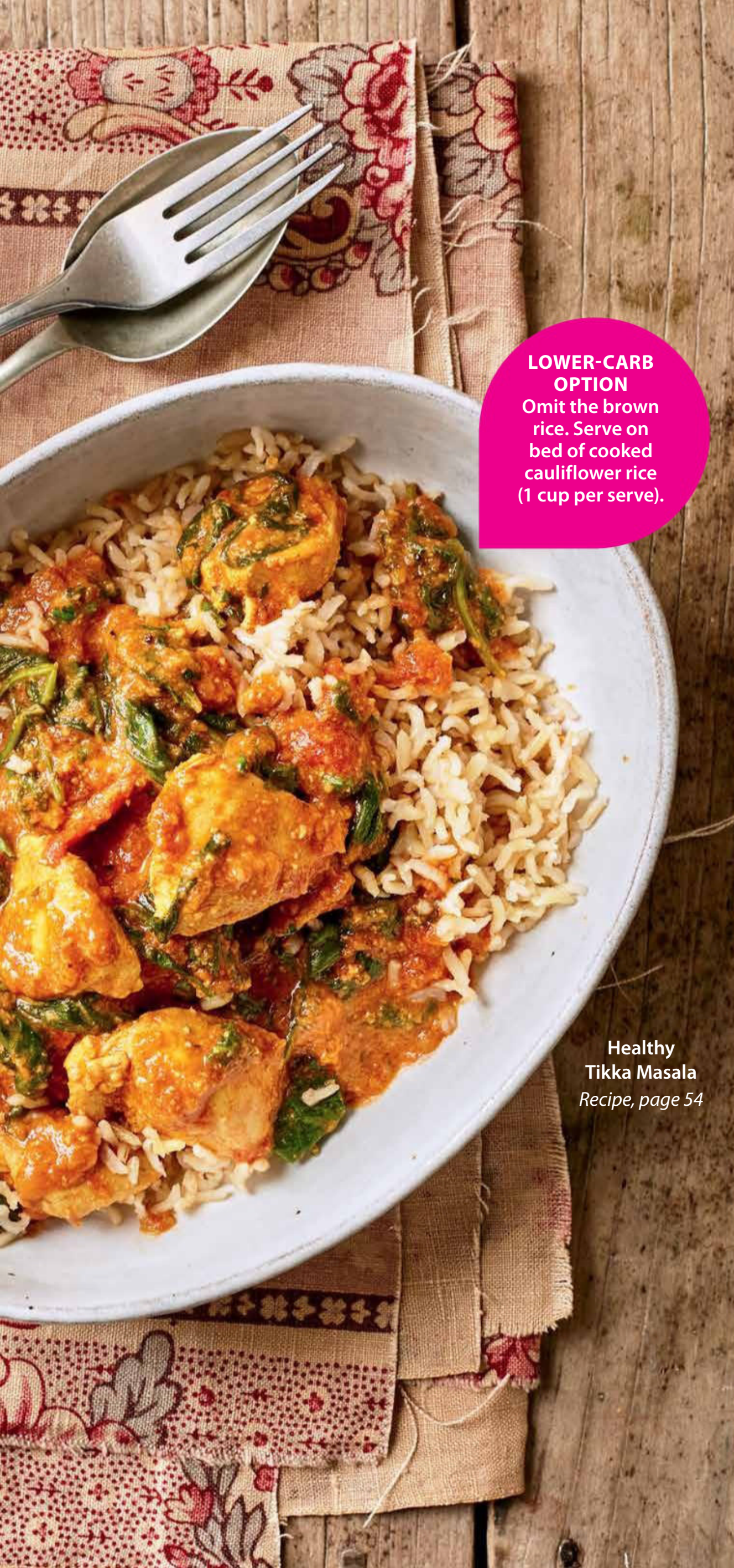
Nutrition info

PER SERVE 1960kJ, **protein** 42g, **total fat** 19g (sat. fat 3g), **carbs** 30g, **fibre** 7g, **sodium** 144mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten free**

GF LCO

PER SERVE 1730kJ, **protein** 43g, **total fat** 18g (sat. fat 3g), **carbs** 16g, **fibre** 8g, **sodium** 201mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower-carb option**





**LOWER-CARB
OPTION**

Omit the brown rice. Serve on bed of cooked cauliflower rice (1 cup per serve).

Healthy
Tikka Masala
Recipe, page 54

GFO

PRAWN FRIED RICE

PREP 15 MINS **COOK** 25 MINS

SERVES 4 (AS A MAIN)

250g long-grain brown rice
200g frozen peas
150g snow peas
1½ Tbsp olive oil
1 large brown onion,
finely chopped
2 cloves garlic, crushed
3cm piece ginger, finely grated
300g green prawns, peeled
and deveined
3 x 60g eggs, whisked
2 tsp sesame seeds
1 Tbsp salt-reduced soy sauce
or gluten-free soy sauce
2 tsp rice wine vinegar
4 green shallots, trimmed
and sliced

1 Cook the rice following packet instructions. Bring a small saucepan of water the boil. Add the snow peas and peas and cook for 1 minute. Drain well and set aside with the rice.

2 Meanwhile, heat the oil in a large non-stick frying pan or wok over medium heat. Add the onion and cook, stirring often, for 10 minutes or until golden brown. Add the garlic and ginger and cook, stirring, for 1 minute.

3 Add the snow peas and peas to the pan. Cook, tossing often, for 5 minutes. Add the prawns and cook for a further 2 minutes. Stir the rice into the pan then push everything to one side. Pour the whisked eggs into the empty side of the pan and stir to scramble them. Add the sesame seeds, soy sauce and vinegar to the pan. Toss to combine. Sprinkle with the green shallots. Serve.

Nutrition info

PER SERVE 1880kJ, **protein** 24g, **total fat** 14g (sat. fat 3g), **carbs** 53g, **fibre** 8g, **sodium** 394mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

makeover

GFO

PUMPKIN & PESTO PASTA

PREP 15 MINS **COOK** 25 MINS
SERVES 4 (AS A MAIN)

1 small (750g) butternut pumpkin, peeled, deseeded, cut into 2cm cubes
3 Tbsp olive oil
Freshly ground black pepper
1 large bunch flat-leaf parsley
1 large bunch basil
20g unsalted cashew nuts, toasted and chopped
1 clove garlic, crushed
Zest and juice of 1 lemon
1 tsp chilli flakes (optional)
250g dried pasta or gluten-free pasta
30g parmesan shavings

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Toss the pumpkin cubes, 1½ Tbsp oil and freshly ground black pepper in a bowl. Spread out in a single layer on the lined tray. Roast for 20-25 minutes or until tender.

2 Put the parsley, basil, cashew nuts, garlic, lemon zest and juice and chilli (if using) in a small food processor, along with the remaining oil and a splash of water. Process until very smooth. Season with pepper.

3 Meanwhile, cook the pasta following packet instructions. Drain, reserving a little of the

cooking water, then toss with the pesto and pumpkin and enough water to loosen the sauce. Top with the parmesan shavings.

Nutrition info

PER SERVE 2010kJ, **protein** 15g, **total fat** 20g (sat. fat 4g), **carbs** 55g, **fibre** 7g, **sodium** 128mg
• **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

LCO

PER SERVE 1970kJ, **protein** 39g, **total fat** 21g (sat. fat 5g), **carbs** 26g, **fibre** 13g, **sodium** 156mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower-carb option**

GFO LC

SWEDISH MEATBALLS

PREP 10 MINS (+ COOLING AND 15 MINS CHILLING) **COOK** 25 MINS
SERVES 4 (AS A MAIN)

2 Tbsp olive oil
1 brown onion, finely chopped
1 small clove garlic, finely grated
375g lean pork mince
1 egg yolk (from 60g egg)
50g fresh wholemeal breadcrumbs (made from day old bread) or gluten-free breadcrumbs
Pinch ground nutmeg
300ml salt-reduced beef stock or gluten-free stock
2 tsp Dijon mustard or gluten-free mustard
2 Tbsp fat-free natural yoghurt
2 bunches baby bok choy, trimmed, coarsely shredded

2 large carrots, sliced and steamed, to serve
1 tsp cranberry sauce, per person, to serve

1 Put 1 tablespoon oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring often, for 10 minutes or until the onion is soft and translucent. Add the garlic and cook, stirring, for 1 minute. Set aside to cool.

2 Put the cooled onions, pork mince, egg yolk, breadcrumbs and a pinch of nutmeg in a bowl. Use your hands to mix until well combined. Form the mixture into 12 balls and place on a plate. Cover and put in the fridge for 15 minutes to chill.

3 Heat remaining oil in frying pan over medium heat. Add meatballs and cook, turning often, for 5 minutes or until golden. Bring stock to boil in a small saucepan. Pour stock over meatballs and simmer for 8-10 minutes or until it has reduced a little. Stir through the mustard and yoghurt.

4 Steam bok choy for 5 minutes or until tender. Serve meatballs with the bok choy, carrots and cranberry sauce.

Nutrition info

PER SERVE 1310kJ, **protein** 27g, **total fat** 15g (sat. fat 3g), **carbs** 15g, **fibre** 7g, **sodium** 477mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb** ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)



Cook's Tip

Try replacing the pork mince with chicken mince and the Dijon mustard with wholegrain mustard.

3 take-to-work LUNCHES

How our
food works
for you
see page 75

Prep for the week ahead with these three healthy meals, all made from one base roast chicken recipe

BASE RECIPE: ROAST CHICKEN WITH MEDITERRANEAN VEG

PREP 10 MINS **COOK** 1 HOUR
SERVES 6 (FEEDS 2 PEOPLE OVER
3 DAYS IN THE LUNCHBOXES;
AS A LIGHT MEAL)

- 1 lemon, halved
- 1.4kg whole fresh chicken, rinsed, patted dry with paper towel, excess fat removed
- 2½ Tbsp olive oil
- Freshly ground black pepper
- 1 eggplant, cut into large chunks
- 2 capsicum, cut into large chunks
- 4 cloves garlic
- 2 red onions, cut into wedges

1 Preheat oven to 220°C (fan-forced). Push the lemon halves inside the chicken. Rub 1½ Tbsp of the oil all

over the chicken and season with pepper. Place in a large roasting pan and put in the oven. Immediately turn down the temperature to 180°C (fan-forced). Line a second roasting pan with baking paper.

2 Roast the chicken for 20 minutes. Add the vegetables in their separate piles and the garlic to the second lined pan. Toss the vegetables in the remaining olive oil and roast for a further 40 minutes.

3 Set the chicken aside to cool. Once cool remove the skin and discard. Remove all the meat from the chicken and shred. Place the chicken and vegetables in separate airtight containers in the fridge for meal prep for the next few days.

GFO

CORONATION CHICKEN SALAD

START TO FINISH 10 MINS
SERVES 2 (AS A LIGHT MEAL)

- 2 Tbsp reduced-fat Greek-style natural yoghurt
- 1 tsp curry powder or gluten-free curry powder
- 1 tsp mango chutney or gluten-free chutney
- ½ lemon, zested and cut into 2 wedges
- Freshly ground black pepper
- 125g pre-cooked brown rice
- 120g shredded roast chicken (see recipe, left)
- 2 roasted red onions (see recipe, left)
- 1 large zucchini, peeled into ribbons
- 1 small bunch coriander, roughly chopped
- 1 Tbsp flaked almonds

1 Put the yoghurt, curry powder, mango chutney and lemon zest in a large bowl. Season with pepper. Toss until well combined. Add the rice and toss to combine.

2 Add the chicken, onion, zucchini and most of the coriander to the bowl. Toss to combine. Divide the mixture between two containers.





Cook's Tip

Try replacing the rocket with baby spinach leaves and the butter beans with chickpeas.

Sprinkle over the remaining coriander and almonds. Place a lemon wedge in each container. Cover and keep in the fridge until needed.

Nutrition info

PER SERVE 1630kJ, **protein** 25g, **total fat** 16g (sat. fat 3g), **carbs** 33g, **fibre** 8g, **sodium** 87mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

GFO **LCO**

PER SERVE (lower-carb option) 1470kJ, **protein** 25g, **total fat** 16g (sat. fat 3g), **carbs** 23g, **fibre** 9g, **sodium** 89mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION
Swap rice for 125g cooked quinoa.

GF **LC**

CHICKEN WITH SPANISH-STYLE BUTTER BEANS

START TO FINISH 5 MINS **SERVES** 2 (AS A LIGHT MEAL)

2 roasted cloves garlic (see recipe, opposite)
1 Tbsp olive oil
Zest and juice of half a lemon
½ tsp smoked paprika
Freshly ground black pepper
400g can no-added-salt butter beans, drained and rinsed
2 roasted capsicums (see recipe, opposite)
150g cherry tomatoes, halved
100g rocket leaves
120g shredded roast chicken (see recipe, opposite)
25g reduced-fat feta

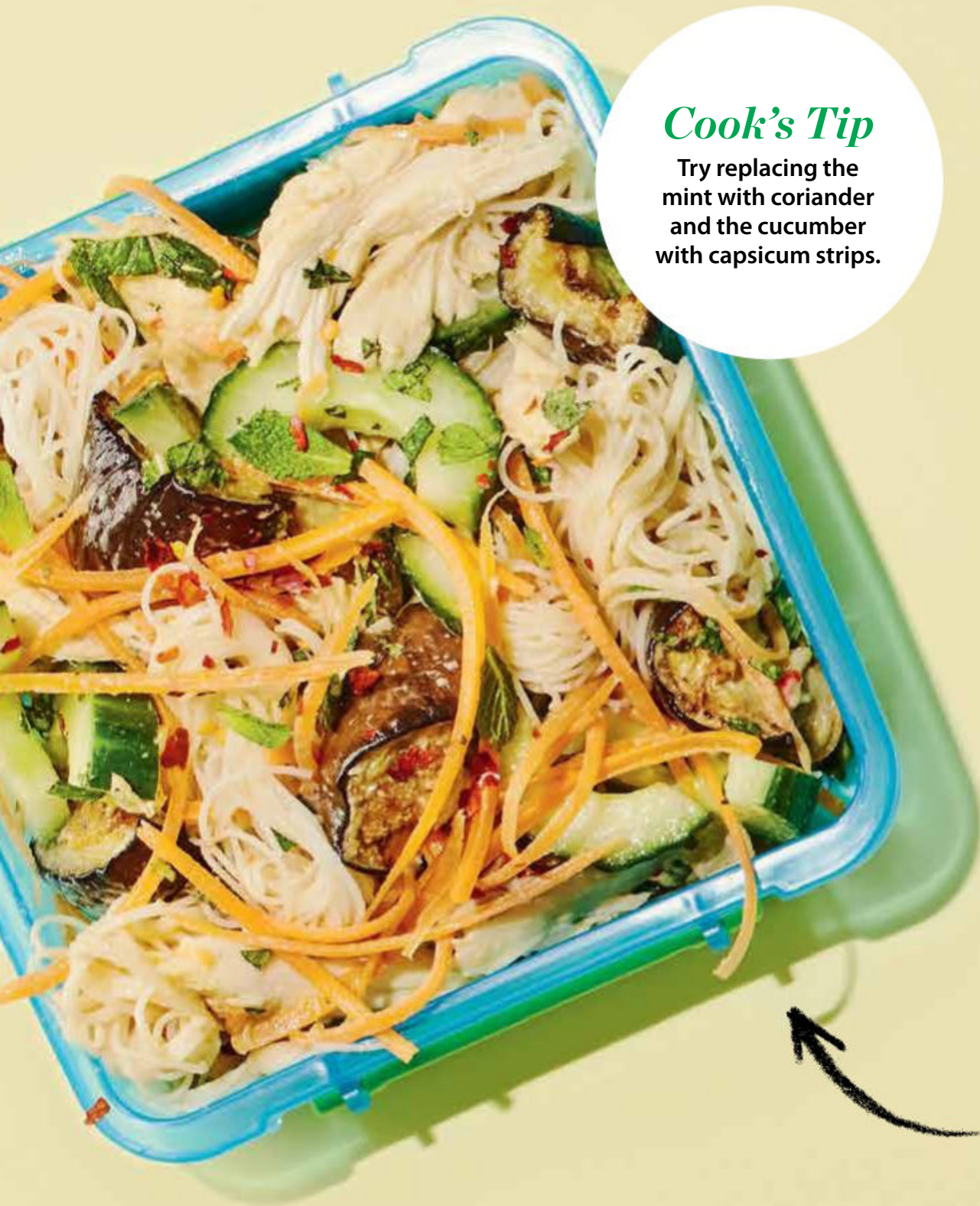
1 Squeeze the garlic out of skins into a large bowl. Add the oil, lemon zest and juice and paprika. Season with pepper. Whisk to combine.

2 Add the beans, capsicum, tomatoes and rocket to the bowl. Toss to combine. Divide between airtight containers. Top with the chicken and crumble over the feta. Place in fridge until needed.

Nutrition info

PER SERVE 1690kJ, **protein** 31g, **total fat** 17g (sat. fat 4g), **carbs** 23g, **fibre** 15g, **sodium** 254mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**





Cook's Tip

Try replacing the mint with coriander and the cucumber with capsicum strips.

GFO LC

SESAME CHICKEN NOODLES

START TO FINISH 10 MINS

SERVES 2 (AS A LIGHT MEAL)

- 1 Tbsp tahini
- Juice of 1 lime
- 2 tsp salt-reduced soy sauce or gluten-free soy sauce
- 2 roasted cloves garlic (see recipe, page 56)
- 1 tsp sesame oil
- ½ tsp chilli flakes, plus extra to serve
- 100g cooked fresh rice noodles (prepared following packet directions)
- 120g shredded roast chicken (see recipe, page 56)
- 1 roasted eggplant (see recipe, page 56)
- 1 carrot, grated
- ½ cucumber, seeds removed, cut into half moons
- ½ small bunch mint, roughly chopped

1 Put tahini, lime juice, soy sauce, flesh from roasted garlic, sesame oil and chilli flakes in a large bowl. Whisk to combine. Add enough water to make a creamy dressing.

2 Add the noodles, chicken, eggplant and carrot to the bowl. Toss to combine. Add the cucumber and mint and toss gently to combine. Divide between two containers. Sprinkle over a few extra chilli flakes. Place in the fridge until needed.

Nutrition info

PER SERVE 1470kJ, **protein** 23g, **total fat** 14g (sat. fat 2g), **carbs** 26g, **fibre** 13g, **sodium** 304mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb** ■

Fresh rice noodles have a lower glycemic index (GI), meaning carbs will break down slowly, keeping you feeling fuller for longer!

Jazz up your morning
oats with one of these
tempting topping ideas

Porridge *toppers*

How our
food works
for you
see page 75

Maple pumpkin, bacon & blueberry Recipe, page 61



breakfast



BANANA COLADA

START TO FINISH 5 MINS

SERVES 2 (AS A BREAKFAST)

Make 2 serves of porridge. Split a banana lengthways and place one half on top of each bowl of porridge. Squeeze over a little lime juice and top each bowl with 1 Tbsp Siggis coconut yoghurt, 1 Tbsp toasted coconut shavings and a maraschino or glacé cherry.

Nutrition info

PER SERVE 1140kJ, **protein** 13g, **total fat** 7g (sat. fat 4g), **carbs** 37g, **fibre** 5g, **sodium** 74mg • **Carb exchanges** 2½ • **GI estimate** low

LC

BASIC PORRIDGE

START TO FINISH 10 MINS

SERVES 1 (AS PART OF A BREAKFAST)

Combine 4½ Tbsp rolled oats and 160ml (⅔ cup) skim milk in a small saucepan over medium heat. Cook, stirring often, until the milk comes to simmer. Simmer, stirring often, for 6-7 minutes or until the oats are tender.

Nutrition info

PER SERVE 685kJ, **protein** 10g, **total fat** 3g (sat. fat 1g), **carbs** 24g, **fibre** 3g, **sodium** 64mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

HEALTH TIP

Opt for short-cut bacon and trim all visible fat before cooking in a non-stick pan or on a hot barbeque grill until crispy.



PLUM, RAISIN & GRANOLA

PREP 5 MINS **COOK** 30 MINS
SERVES 2 (AS A BREAKFAST)

Preheat oven to 160°C (fan-forced). Halve and stone 2 **plums**. Place cut-side up in a small dish and drizzle with 2 tsp **honey** and 2 Tbsp **water**. Bake for 15 mins. Mix 30g **rolled oats** with 2 tsp **honey**, 2 tsp **olive oil**, ½ tsp **ground cinnamon** and a small handful of **raisins**. Squash together to make clumps (like a crumble mixture), then scatter over the plums. Return to the oven for another 15 minutes. Meanwhile, make 2 serves of **porridge**. Top the porridge with the granola and baked plums, then drizzle over any excess juice from the dish.

Nutrition info

PER SERVE 1500kJ, **protein** 12g, **total fat** 9g (sat. fat 2g), **carbs** 54g, **fibre** 6g, **sodium** 70mg
• **Carb exchanges** 3½
• **GI estimate** low

MAPLE PUMPKIN, BACON & BLUEBERRY

PREP 10 MINS **COOK** 30 MINS
SERVES 4 (AS A BREAKFAST)

Preheat oven to 180°C (fan-forced). Toss 200g chopped **butternut pumpkin** with 2 tsp **olive oil** and ½ tsp **ground cinnamon**. Roast on a baking tray lined with baking paper for 25 minutes. Crumble 80g cooked **crispy bacon** over the pumpkin, add 1 cup **blueberries** and drizzle with 2 Tbsp **sugar-free maple syrup**. Return to the oven for 5 minutes until the pumpkin is caramelised and the blueberries look plump and juicy. Meanwhile, make 4 serves of **porridge**. Top porridge with pumpkin, bacon and blueberries, and drizzle with a little extra maple syrup.

Nutrition info

PER SERVE 1150kJ, **protein** 17g, **total fat** 7g (sat. fat 2g), **carbs** 31g, **fibre** 5g, **sodium** 541mg • **Carb exchanges** 2 • **GI estimate** low



breakfast

VANILLA POACHED PEARS WITH ALMOND

PREP 10 MINS **COOK** 20 MINS
SERVES 2 (AS A BREAKFAST)

Peel, halve and core 2 small pears. Mix 100g **caster sugar**, the juice of $\frac{1}{2}$ a **lemon** and 200ml **water** in a small saucepan. Halve a **vanilla pod** and scrape the seeds into the pan, then add the pod (alternatively, use 1 tsp vanilla bean paste). Heat until sugar has dissolved. Add pears and cover surface with a circle of baking paper (this will ensure the pears cook through evenly). Cook for 15-20 minutes until the pears feel soft when poked with a knife. Set aside to cool. (Can be kept chilled

in the liquid for up to one week). Meanwhile, make 2 serves of **porridge**. Mix 1 Tbsp **almond spread** with enough poached pear liquid to form a drizzling consistency, then spoon over the porridge and top the bowls with the pears. Scatter with **toasted flaked almonds**.

Nutrition info

PER SERVE 1490kJ, **protein** 11g, **total fat** 7g (sat. fat 1g), **carbs** 55g, **fibre** 9g, **sodium** 96mg • **Carb exchanges** 3½ • **GI estimate** medium ■

Cook's Tip

Rolled oats are a good source of soluble fibre which can help lower blood cholesterol levels.



LOWER-CARB SNACKS

Avoid 3.30-itis with these quick, easy, lower-carb and low GI snacks using the humble chickpea

GFO LC

BASIC CURRIED ROAST CHICKPEAS

PREP 5 MINS COOK 20 MINS
SERVES 10 (AS A SNACK)

2 x 420g cans no-added salt chickpeas
1½ Tbsp olive oil
1 tsp caraway seeds
1 tsp mustard seeds
Freshly ground black pepper
1 Tbsp curry powder
or gluten-free curry powder

1 Preheat oven to 180°C (fan-forced). Drain the chickpeas and pat dry with a tea towel to remove as much moisture as possible.

2 Tip the chickpeas onto a roasting tray. Drizzle over the oil, caraway seeds, mustard seeds and pepper. Toss to combine. Roast for 20 minutes or until the chickpeas are golden brown.

3 Add the curry powder to the chickpeas and toss to combine.

Nutrition info

PER SERVE 263kJ, protein 3g, total fat 3g (sat. fat 1g), carbs 5g, fibre 3g, sodium 18mg • Carb exchanges ½ • GI estimate low • Gluten-free option • Lower carb

GFO LC

CURRY LEAF POPCORN

PREP 5 MINS
COOK 5 MINS
SERVES 1 (AS A SNACK)

Mix 80g curried chickpeas with a handful of lightly salted popcorn, a few fresh curry leaves and 1 tsp curry powder or gluten-free curry powder. Fry the mixture in ½ tsp olive oil, cool slightly and dig in.

Nutrition info

PER SERVE 528kJ, protein 4g, total fat 7g (sat. fat 1g), carbs 8g, fibre 6g, sodium 52mg • Carb exchanges ½ • GI estimate low • Gluten-free option • Lower carb

GF LC

CHICKPEA BOMBAY MIX

PREP 5 MINS
COOK 10 MINS
SERVES 1 (AS A SNACK)

Mix 60g curried chickpeas with 1 Tbsp unsalted peanuts. Spread over a small baking tray and bake in oven preheated to 180°C (fan-forced) for 10 minutes. Mix with 1 tsp raisins.

Nutrition info

PER SERVE 596kJ, protein 6g, total fat 9g (sat. fat 1g), carbs 9g, fibre 4g, sodium 19mg • Carb exchanges ½ • GI estimate low • Gluten free • Lower carb

GF LC

CURRIED HUMMUS

START TO FINISH 5 MINS
SERVES 1 (AS A SNACK)

Use a hand held blender or small food processor to blitz 60g curried chickpeas with the juice of ½ lime, 2 tsp tahini, and a handful of coriander leaves, adding enough water until you get to your desired consistency. Season to taste with pepper. Serve with ½ small cucumber & half a small carrot, cut into sticks.

Nutrition info

PER SERVE 677kJ, protein 6g, total fat 10g (sat. fat 1g), carbs 9g, fibre 8g, sodium 56mg • Carb exchanges ½ • GI estimate low • Gluten free • Lower carb ■



Cook's Tip

If you don't have an ovenproof frying pan, the apple can be cooked in a medium saucepan, then the mixture transferred to an ovenproof dish. Sprinkle with crumble. The cooked crumble can be stored in the fridge for up to 3 days.

Time to enter **DESSERT** *dream* **LAND**

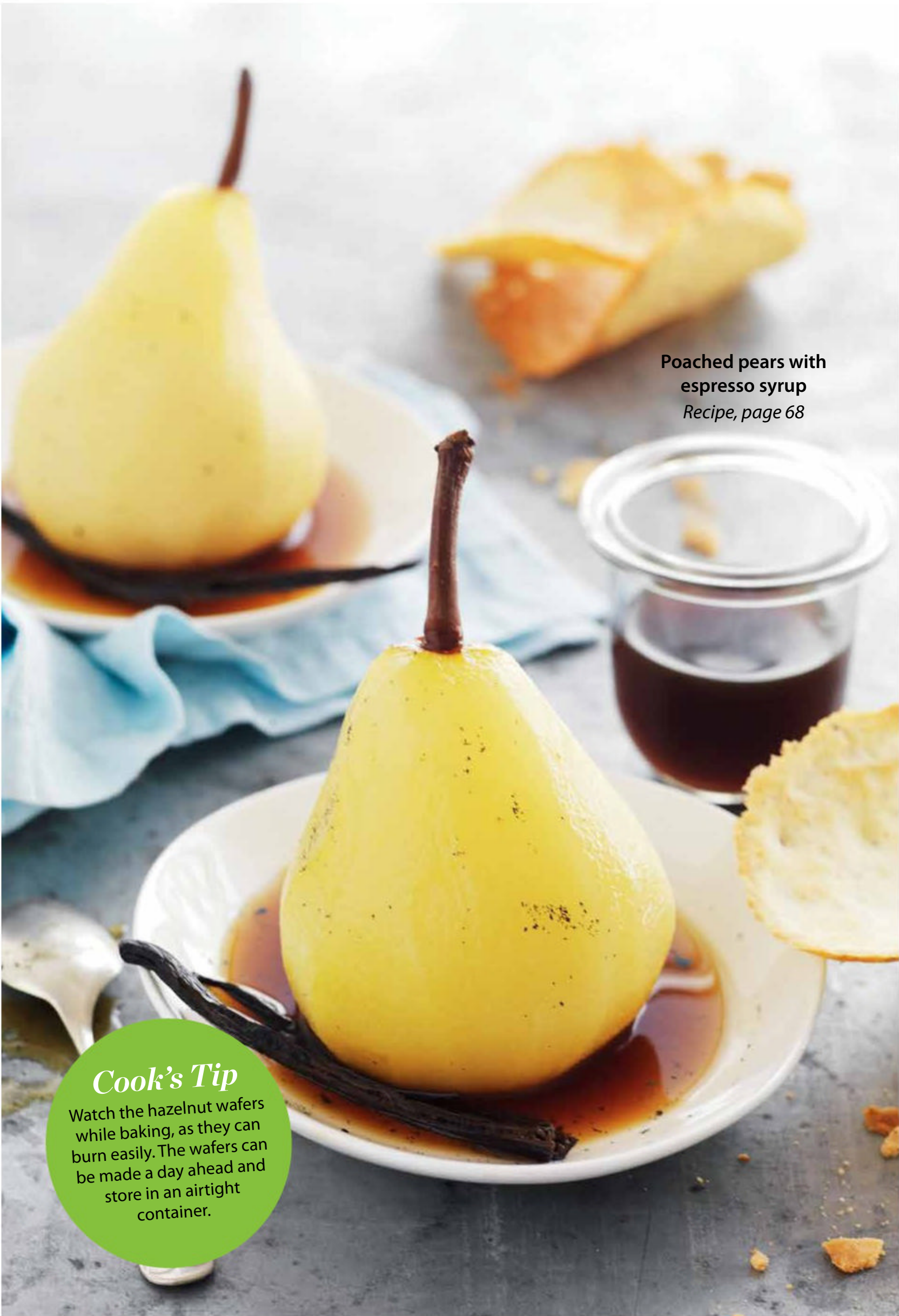
Dip a spoon
into a sweet
fruity finish





Apple crumble
Recipe, page 68

How our
food works
for you
see page 75

A photograph of two poached pears on a grey surface. Each pear is in a small white dish with a dark brown syrup and a vanilla bean. A jar of the same syrup is in the background. A hazelnut wafer is partially visible on the right. A green circular callout is in the bottom left.

Poached pears with
espresso syrup
Recipe, page 68

Cook's Tip

Watch the hazelnut wafers while baking, as they can burn easily. The wafers can be made a day ahead and store in an airtight container.

Cook's Tip

Remaining plums can be served with breakfast muesli or with low-fat ice-cream or custard for dessert. The cake is best eaten the day it is made. Leftover cake can be stored in an airtight container for up to 2 days.

Oat & plum tea cake
Recipe, page 70

dessert

GFO

POACHED PEARS WITH ESPRESSO SYRUP

PREP 15 MINS **COOK** 40 MINS
SERVES 2 (AS AN OCCASIONAL DESSERT)

2 small pears (360g), peeled, stems left intact
1 vanilla bean, halved lengthways
1 Tbsp dark brown sugar
½ tsp instant coffee granules

HAZELNUT WAFERS

1 egg white (from 60g egg)
2 Tbsp caster sugar
1 Tbsp hazelnut meal
1 Tbsp plain flour or gluten-free plain flour
15g light margarine, melted

1 To make the hazelnut wafers, preheat oven to 180°C (fan-forced). Use an 11cm round cutter to draw six circles on the baking paper. Place the paper on a baking tray. Combine all ingredients in a small bowl. Spread mixture over circles

on the tray. Bake for 8 minutes or until golden and crisp around the edges. Cool on a wire rack.

2 Place the pears in a medium saucepan with enough water to cover. Bring to the boil over high heat. Reduce heat to medium and simmer, uncovered, for 30 minutes or until pears are tender. Drain pears, reserving 1 cup of cooking liquid.

3 Combine the reserved cooking liquid, vanilla bean and sugar in the same pan. Bring to the boil, stirring, over high heat. Add coffee and reduce heat to medium. Simmer, uncovered, for 10 minutes or until the syrup thickens slightly.

4 Drizzle the syrup over the pears. Serve with the wafers.

Nutrition info

PER SERVE 1090kJ, **protein** 4g, **total fat** 6g (sat. fat 2g), **carbs** 41g, **fibre** 5g, **sodium** 68mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

APPLE CRUMBLE

PREP 15 MINS **COOK** 30 MINS
SERVES 6 (AS AN OCCASIONAL DESSERT)

600g (4 medium) apples, peeled, cored, thickly sliced
60ml (¼ cup) water
1 tsp grated fresh ginger
1 tsp grated lemon zest
30g light margarine
2 Tbsp plain wholemeal flour
1 tsp ground cinnamon
2 Tbsp rolled oats
1 Tbsp white sugar
20g (¼ cup) flaked almonds
1 tsp icing sugar
6 x 50g scoops no-added-sugar vanilla ice-cream

1 Preheat oven to 200°C (fan-forced).

2 Place the apple, water, ginger and lemon zest in a 22cm stoveproof and ovenproof frying pan. Cook, covered, over medium heat, for 5 minutes or until apple is just tender. Remove pan from the heat.

3 Meanwhile, use your fingertips to rub the spread into flour and cinnamon in a small bowl. Stir in the oats, sugar and almonds. Sprinkle crumble mixture over fruit in the pan.

4 Bake for 25 minutes or until golden. Dust with sifted icing sugar and serve with ice-cream.

Nutrition info

PER SERVE 800kJ, **protein** 5g, **total fat** 6g (sat. fat 2g), **carbs** 24g, **fibre** 6g, **sodium** 48mg • **Carb exchanges** 1½ • **GI estimate** low

Cook's Tip

Add any leftover coconut milk to stir-fries or curries. Keep custard cups, covered, in the fridge for up to 2 days.





GFO

LIME & COCONUT CUSTARD CUPS

PREP 10 MINS (+ 4 HOURS SETTING)

COOK 5 MINS

SERVES 6 (AS A DESSERT)

1 tsp powdered gelatine

60ml (¼ cup) water

2 tsp custard powder or gluten-free custard powder

125ml (½ cup) light coconut milk

1 tsp finely grated lime zest

80ml (⅓ cup) strained fresh lime juice

2 x 60g eggs, separated

75g (⅓ cup) caster sugar

2 Tbsp desiccated coconut

1 tsp finely grated (or strips) lime zest, extra

1 Sprinkle gelatine over the water in a small microwave-safe bowl. Set aside for 3 minutes. Microwave on high/100% for 20 seconds or until gelatine is dissolved. Set aside to cool slightly.

2 Place custard powder, coconut milk, lime zest and juice, egg yolks and sugar in a small heatproof bowl over a small saucepan of simmering water. Whisk until mixture is thick and creamy. Remove from heat and stir through gelatine mixture.

3 Use electric beaters to whisk egg whites in a small bowl until firm peaks form. Fold into the custard mixture. Divide mixture among six x 125ml (½ cup) ramekins. Place in the fridge for 4 hours or until set. Serve sprinkled with coconut and extra lime rind.

PER SERVE 472kJ, **protein** 3g, **total fat** 5g (sat. fat 3g), **carbs** 14g, **fibre** 1g, **sodium** 40mg
• **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option**

Plums contain phenol antioxidants that help protect your body's cells from oxidative damage which may reduce your risk of some chronic diseases.

OAT & PLUM TEA CAKE

PREP 15 MINS
COOK 1 HOUR 5 MINS
SERVES 12 (AS AN OCCASIONAL DESSERT)

700g container plums
in natural juice
45g (½ cup) quick-cooking oats
75g (1/3 cup) caster sugar
1 tsp ground cinnamon
125g light margarine
2 x 60g eggs
225g (1½ cups) self-raising
flour, sifted
250ml (1 cup) buttermilk
(see Cook's Tip p74)
1 Tbsp flaked almonds

1 Preheat oven to 160°C (fan-forced). Grease and line base and side of a 22cm (base measurement) springform pan with baking paper.

2 Drain the plums, reserving 250ml (1 cup) juice. Halve and remove stones from 8 plums. (Reserve remaining plums for another use.) Place reserved juice in a small saucepan. Bring to the boil over high heat. Reduce heat to medium and simmer for 10 minutes or until the syrup has reduced by half. Remove the pan from heat and set aside to cool syrup to room temperature.

3 Meanwhile, reserve 1 Tbsp of the oats. Combine the sugar and cinnamon in a small bowl. Reserve 1 tsp of cinnamon sugar mixture.

4 Use electric beaters to beat spread and cinnamon sugar mixture in a small bowl until pale and creamy. Add eggs, one at a time, beating until well combined. Stir in the flour, remaining oats, buttermilk and reduced syrup until well combined. Pour mixture into the lined pan. Arrange the plums on top, cut-side down, then sprinkle with almonds and reserved oats.

5 Bake cake for 55 minutes or until a skewer inserted in the centre comes out clean. Sprinkle with reserved cinnamon sugar mixture. Set aside to cool in pan. Cut cake into 12 equal slices to serve.

COOK'S TIP Remaining plums can be served with breakfast muesli or with low-fat ice-cream or custard for dessert. The cake is best eaten the day it is made. Leftover cake can be stored in an airtight container for up to 2 days.

Nutrition info

PER SERVE 940kJ, **protein** 5g, **total fat** 7g (sat. fat 3g), **carbs** 36g, **fibre** 2g, **sodium** 208mg • **Carb exchanges** 2½ • **GI estimate** high

APPLE TART

PREP 15 MINS **COOK** 25 MINS
SERVES 4 (AS A DESSERT)

3 sheets filo pastry
450g (3 medium) pink-skinned
apples, unpeeled
1 Tbsp fresh lemon juice
2 tsp cornflour
½ tsp mixed spice
90g (1/3 cup) reduced-fat Greek-
style natural yoghurt
125g punnet raspberries
1 Tbsp micro mint or small
mint leaves, optional
1 Tbsp honey

1 Preheat oven to 200°C (fan-forced). Lightly spray an oven tray with cooking spray.

2 Layer pastry sheets, spraying each sheet lightly with cooking spray. Cut pastry in half crossways; place one half on top of the other. Cut pastry into quarters and place on the tray.

3 Core and finely chop one of the apples. Combine chopped apple with the lemon juice, cornflour and mixed spice in a small, microwave-safe bowl. Microwave on high (100%) for 1 minute or until the apple has softened slightly. Sprinkle the apple mixture over pastry quarters, leaving a 2cm border.

4 Core, halve and thinly slice remaining apples. Arrange slices, overlapping slightly, on apple mixture. Fold in pastry edges.

5 Bake tarts for 20 minutes or until pastry is crisp and golden. Serve with yoghurt, raspberries and mint. Drizzle over the honey.

Nutrition info

PER SERVE 675kJ, **protein** 3g, **total fat** 1g (sat. fat 0g), **carbs** 31g, **fibre** 5g, **sodium** 89mg • **Carb exchanges** 2 • **GI estimate** low



Cook's Tip

We used Pink Lady apples in this recipe. Tarts can be made a day ahead. Store, covered, in the fridge.



Cook's Tip

The cake is best made on the day of serving. This is a lovely cake for a special occasion, or when having family and friends around for lunch or dinner.

**Pecan & pear
spiced soufflé cake**
Recipe, page 74



Orange blossom
panna cotta
Recipe, page 74

dessert

PECAN & PEAR SPICED SOUFFLE CAKE

PREP 15 MINS **COOK** 1 HOUR
SERVES 10 (AS AN OCCASIONAL DESSERT)

2 medium (460g) pears, unpeeled, halved lengthways
80g (2/3 cup) pecans
4 x 60g eggs
90g (1/4 cup) honey
1 tsp vanilla bean paste
3/4 tsp ground nutmeg
1/2 tsp ground cinnamon
1/4 tsp ground cloves
2 Tbsp wholemeal plain flour
1 Tbsp cornflour
40g light margarine, melted, cooled
90g (1/3 cup) reduced-fat Greek-style natural yoghurt

1 Preheat oven to 170°C (fan-forced). Line an oven tray with baking paper. Grease and line base and side of a 22cm springform cake tin.

2 Place pears, skin-side up, on lined tray. Roast for 40 minutes.

3 Meanwhile, place pecans on a separate tray. Roast on another oven shelf for the last 5 minutes of pear roasting time. Set aside to cool.

4 Process 1/2 cup of the pecans in a small food processor until finely ground. Coarsely chop the remaining pecans. Set aside. Cut each pear half into 5 wedges (to make 20 wedges in total); removing the core if you like.

5 Use an electric mixer to whisk the eggs, honey, vanilla bean paste, nutmeg, cinnamon and cloves for

10 minutes or until ribbons form when beaters are lifted. Sift the combined flours over the egg mixture. Add the ground pecans and margarine. Use a large whisk to gently incorporate ingredients.

6 Pour the batter into the tin. Bake cake on lower oven shelf for 20 minutes. Cool in tin for 5 minutes before turning, top-side up, onto a wire rack to cool completely. Cut the cake into 10 equal slices and sprinkle with the reserved pecans. Serve one cake slice and two pear wedges per person with a drizzle of yoghurt.

Nutrition info

PER SERVE 755kJ, **protein** 5g, **total fat** 10g (sat. fat 2g), **carbs** 16g, **fibre** 3g, **sodium** 63mg • **Carb exchanges** 1 • **GI estimate** medium

Share these dishes with friends or family, or enjoy the occasional bite yourself

GF

ORANGE BLOSSOM PANNA COTTA

PREP 15 MINS (+ 4 HOURS SETTING)
COOK 5 MINS
SERVES 4 (AS A DESSERT)

80ml (1/3 cup) skim milk
2 Tbsp caster sugar
3 tsp powdered gelatine
1 Tbsp boiling water
3 tsp orange blossom water
410ml (12/3 cups) buttermilk (see Cook's Tips)
1 small (180g) orange, skin and white pith removed, segmented
1 Tbsp Stevia sweet liquid with agave

1 Lightly spray 4 x 125ml (1/2 cup) dariole moulds with cooking spray.

2 Place the milk and sugar in a small saucepan. Stir over medium heat until the sugar dissolves. Bring just to a simmer. Remove the pan from the heat.

3 Sprinkle the gelatine over the boiling water in a small heatproof bowl. Stir until gelatine dissolves. Stir gelatine into the milk mixture with the orange blossom water. Stir in the buttermilk. Pour mixture evenly between the moulds. Place in the fridge for 4 hours or until set, preferably overnight.

4 To serve, gently insert the tip of a small knife between panna cotta and the dariole moulds to create an air pocket, then carefully turn out. Top with

orange segments and drizzle with the stevia.

COOK'S TIP'S

- Panna cotta can be made up to 2 days ahead. Store, covered, in the fridge.
- If you can't get buttermilk, you can make your own. Add 3 tsp fresh lemon juice to 1 cup milk. Stir and set aside for 5 minutes.

Nutrition info

PER SERVE 535kJ, **protein** 7g, **total fat** 2g (sat. fat 1g), **carbs** 19g, **fibre** 1g, **sodium** 77mg • **Carb exchanges** 1 1/2 • **GI estimate** low • **Gluten free** ■

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.



GFO **LC**
Nutrition info
PER SERVE 1120kJ,
protein 16g, **total fat** 12g (sat. fat 3g), **carbs** 22g, **fibre** 6g,
sodium 288mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

Curried broccolini & boiled eggs on toast
Recipe, page 46

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

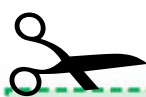
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ
Protein 80g
Total fat 70g
Saturated fat 24g
Carbs 270g
Fibre 30g
Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ
Protein 65g
Total fat 45g
Saturated fat 15g
Carbs 180g
Fibre 30g
Sodium Less than 2000mg

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.



Cook, eat, enjoy

Discover our supermarket favourite, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

Kitchen Tips

Buying and storing dried spices and herbs.

Try to buy smaller quantities of dried herbs and spices and use the 'best before date' to guide you on its freshness. Dried herbs and spices all contain volatile oils that will evaporate over time and with that the flavour and aroma lessens.

The best way to check if your dried herbs and spices are okay is a little different depending on whether it is a ground or whole spice or dried herbs.

For ground spices, simply smell them and if you can detect

some aroma and pungency then they should be ok to use.

For whole spices, like cinnamon sticks, just break a piece off and smell.

For dried herbs, just rub together with your thumb and finger, if the aroma is pleasant then the herb should be okay. If it smells musty and like grass it is probably time to replace it.

Try to store your dried herbs and spices in a cool, dark place out of direct sunlight.



SECOND BREKKIE

Toast 1 large (45g) slice **wholemeal or grain sourdough bread (45g) or gluten-free bread**. Top with ½ mashed **avocado** (seasoned with **pepper** and a little **lemon juice**) Top with a handful of **spinach** or **rocket leaves**, 3 slices ripe **tomato** and 20g crumbled marinated **feta**. Serves 1.

GFO LC

PER SERVE 1210kJ, **protein** 11g, **total fat** 17g (sat. fat 5g), **carbs** 19g, **fibre** 10g, **sodium** 421mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

FRUITY SNACK IDEAS



GFO

PEACH AND RICOTTA BAGEL

Top half a toasted **plain bagel or gluten-free bagel** with 2 Tbsp **light ricotta**. Top with 4 slices drained **canned peaches in natural juices** and a sprinkle of **ground cinnamon**. Drizzle with ½ tsp **honey** and serve. Serves 1.

PER SERVE 655kJ, **protein** 8g, **total fat** 3g (sat. fat 2g), **carbs** 23g, **fibre** 2g, **sodium** 244mg • **Carb exchanges** 1½ • **GI estimate** high • **Gluten-free option**

GFO

FRUITY SKEWERS

Cut one small **apple** into small chunks, halve 4 **strawberries** and cut 1 small **pear** into chunks. Thread between skewers. Drizzle fruit with 20g melted **dark chocolate or gluten-free dark chocolate** and sprinkle with a little **toasted coconut**. Serves 2.

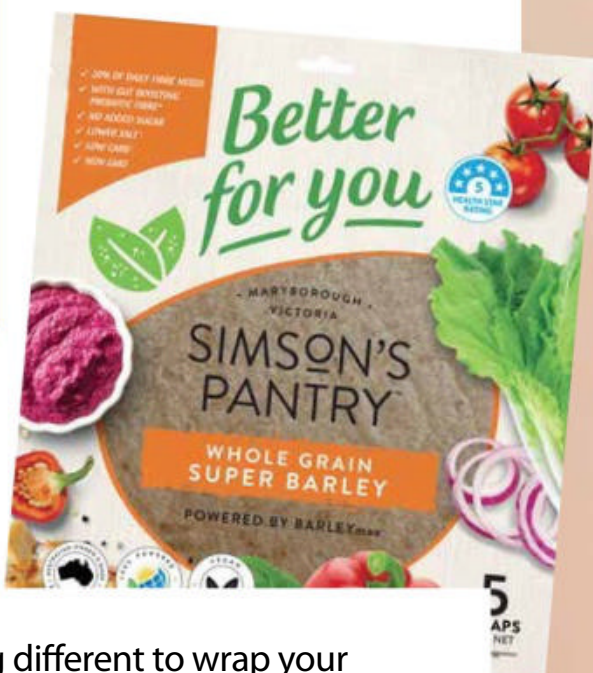
PER SERVE 618kJ, **protein** 1g, **total fat** 3g (sat. fat 2g), **carbs** 24g, **fibre** 5g, **sodium** 6mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option**

GF

MANGO AND CARDAMOM LASSI

Put 120g (2 cheeks) **fresh or drained canned mango**, 250ml (1 cup) **skim milk**, 260g (1 cup) **low-fat natural yoghurt** and a pinch of **ground cinnamon** in a blender. Blend until smooth. Serves 2.

PER SERVE 663kJ, **protein** 14g, **total fat** 0g (sat. fat 0g), **carbs** 24g, **fibre** 1g, **sodium** 159mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**



PRODUCT REVIEW

Looking for something different to wrap your favourite fillings in? Keep an eye out for Simson's Better For You Wraps. Each wrap contains no more than 1 carb exchange (15g) and are super high in fibre with at least 6g per wrap, helping you feel fuller for longer! Plus they are lower in sodium (salt) than most supermarket wraps. Our favourites are the Wholegrain Super Barley, Lite Low Carb Super Grains and High Protein Low Carb varieties. They're also great to use as a pizza base for your favourite healthy toppings. Available from Coles, \$5.

SUPERMARKET CRUSH

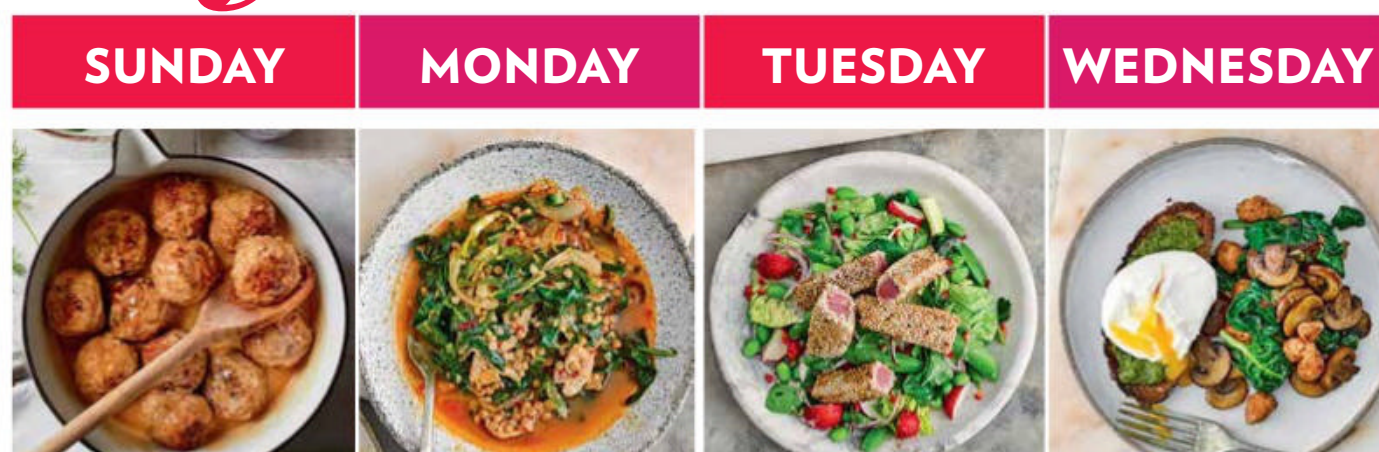
Nexba has come out with two good-for-you Apple Cider Vinegar (ACV) flavours: Watermelon Raspberry and Creaming Soda.

There is evidence to suggest ACV can help with managing BGLs. Mixed with purified sparkling water, natural flavours, natural sweetener and robust probiotics, these tasty drinks are also sugar and carb free! Available from Woolworths, \$8.55 (pack of 4). ■



Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H₂O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Check out our range of delicious porridge toppers (from page 59) for a tasty, low GI start to your day!			
Optional snack	Mango & cardamom lassi (page 77)	1 cup fruit salad	1 piece fresh fruit	Peach & ricotta bagel (page 77)
Lunch	Spiced lentil, puffed rice & cucumber salad (page 35)	We have your work lunches sorted with some easy meal prep		
Optional snack	Curried hummus (page 63)	Basic curried roast chickpeas (page 63)	Rice cake topped with 20g cheese & sliced tomato	Chickpea Bombay mix (page 63)
Dinner	Swedish meatballs (page 54) <i>Pictured above</i>	Chicken, couscous & harissa broth (page 17) <i>Pictured above</i>	Sesame-crusted tuna with miso dressing (page 18) <i>Pictured above</i>	Veggie sausage, spinach & mushroom fry with pesto toast (page 20) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	1 piece fresh fruit	170g tub Chobani yoghurt	4 canned apricot halves & ½ cup warm low-fat custard	2 fresh dates
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

it's easy!



MYTH BUSTING: BUTTER VS MARGARINE?

These days it can be difficult to determine fact from fiction, with nutrition information being thrown at you left right and center. Unfortunately, not all claims are backed by clinical nutrition science, so it is important to always check the source of your information before making changes in your daily eating habits.

A hot topic these days is butter VS margarine. So, to clear up some confusion here are a few quick facts:

- Butter is based on animal fats and is high in unhealthy saturated fats which can cause an increase in blood cholesterol levels.
- Margarine is based on plant oils which are typically high in healthy mono-unsaturated and poly-unsaturated fats (except for palm and coconut oil). These healthy fats can help lower cholesterol levels and are beneficial for heart and brain health.
- Trans fats are a type of fat that are produced in the processing of a healthy fat and can have a negative effect on your health in a similar manner to saturated fats. In some countries trans fats are found in margarine, fortunately Australian produced margarines contain less than 1 per cent trans fats, compared to butters that contain on average 4 per cent trans fats.

OUR VERDICT

We recommend using a healthy Australian made mono- or poly-unsaturated based margarine as your day-to-day spread. ■

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels.		
2 Weet-bix with ¾ cup skim milk & 1 small sliced banana	60 second brekkie (page 77)	Curried broccoli & boiled eggs on toast (page 46)
170g tub Chobani yoghurt	1 piece fresh fruit	Fruity skewers (page 77)
options! Turn to page 56 to get started.		Avocado hummus & vegie sticks (page 48)
30g unsalted mixed nuts	Curry leaf popcorn (page 63)	30g unsalted mixed nuts
Vegetarian kale Caesar salad with eggplant 'bacon' (page 20) Pictured above	Preserved lemon, spinach & cherry tomato pilaf (page 22) Pictured above	Roast chicken thighs with brown rice & salsa verde (page 49) Pictured above
have a couple of alcohol-free days a week.		
1 cup fruit salad	½ cup warm mixed berries & 1 scoop no added sugar ice cream	1 cup warm skim milk & 1 tsp milo
Always discuss your exercise plans with your doctor first.		

"Boost your energy and live well"

Plus help your immunity, muscles, bones and weight

Good nutrition makes a huge difference to how you manage your diabetes. It boosts your energy and improves your wellbeing. It helps your immune system, muscles, bones and weight. Good nutrition also helps your blood sugar, cholesterol and blood pressure levels.

An Australia dietician developed the versatile, low GI BodyCare Nutrition™ Revitalise. It's a delicious, very low calorie multivitamin health shake. Revitalise contains protein, essential amino acids and prebiotic fibre. It also has a low glycemic load.

Boosting your energy If you're feeling run-down, Revitalise gives you sustained energy, to keep you going all day long. It contains vitamins B1, B2 and B3. These contribute to normal energy metabolism. Plus folate and vitamins B2 and B3 assist in reducing tiredness and fatigue.



Strengthens your Immune system

Revitalise's prebiotic fibre feeds the good bacteria in your gut, strengthening your immune system. Revitalise contains Vitamins A and C, Folic Acid, Iron and Zinc for your immune system.

Muscle function and performance

Good nutrition is vital in falls prevention, as weakness can result from a loss of muscle mass and strength. Revitalise's protein helps the growth and maintenance of your muscles. Calcium and Magnesium are necessary for normal muscle function.

Bone health Calcium and Vitamin D enhance bone mineral density. Protein assists with the maintenance of normal bones.

Weight loss and weight management made easy

Carrying excess weight can change the way your body reacts to Insulin. At only 140 calories per serve, Revitalise makes it easy for you to better manage your weight and lose weight. Revitalise's healthier carbohydrates break down slower. This results in suppressing hunger and reducing cravings. This also reduces insulin load and insulin resistance.

Reducing Insulin levels The combination of Low GI and healthy levels of protein and fibre means Revitalise stops you from snacking. Plus, the soluble fibre in Revitalise reduces carbohydrate absorption, which in turn reduces blood glucose and insulin levels.

Revitalise helps you to lose weight and keep it off, when part of a healthy eating diet and exercise. Because **Revitalise is not a meal replacement** it's perfect to drink as a snack or with a light, healthy meal like a salad or a banana. Revitalise also helps stop cravings and makes you feel full. After drinking Revitalise, you may find you eat a smaller main meal because you won't feel as hungry. By following this approach, you can expect to cut back on added sugar, lose weight and increase your energy levels.

Revitalise is available in delicious vanilla, chocolate and coffee flavours. At only RRP \$34.95, Revitalise gives you 14 serves (2 weeks).

Free delivery for online orders

Can't get to the chemist? Revitalise is available online from bodycarenutrition.com.au. Insert Coupon Code **goodhealth2021** into the shopping cart for **free delivery**. Offer expires 16/5/21. BodyCare Nutrition™ Revitalise.



Made in Australia

Queensland

- Brassall, Brassall Pharmacy
- Buderim, Buderim Pharmacy
- Cannonvale, LiveLife Pharmacy
- Charters Towers, Griffiths Chemmart Pharmacy, Gill St
- Eumundi, Eumundi Village Pharmacy
- Hervey Bay, (Paliba), Friendlies Pharmacy
- Hervey Bay, (Paliba), NOVA Discount Pharmacy
- Karalee, Karalee Chempro Chemist
- Mapleton, Mapleton Pharmacy
- Marsden, Marsden Clinic Day & Night Pharmacy
- Murgon, Amcal Pharmacy
- Pelican Waters, Pelican Waters Pharmacy
- Redbank, Priceline, Redbank Plaza
- Riverview, Riverview Chemist
- Springwood, Chatswood Hills Chempro Chemist
- Toowoomba, Terry White Toowoomba Medical, James St
- Yandina, Sunshine Coast Compounding Pharmacy
- Yeppoon, LiveLife Pharmacy Yeppoon Central

New South Wales

- Albion Park Rail, Good Price Pharmacy
- Alstonville, Main Street Pharmacy
- Austral, Pharmacist Advice
- Austral, West Hoxton Pharmacy
- Bargo, Pharmasave Bargo Discount Pharmacy
- Bateau Bay, Bateau Bay Road Chemist
- Bathurst, Moodies Pharmacy, Howick Street
- Birrong, Birrong Pharmacy, Auburn Rd
- Blacktown, McGills Pharmasave Pharmacy
- Bradbury, Bradbury Village Pharmacy
- Bundanoon, Bundanoon Pharmacy
- Campbelltown, Priceline Pharmacy, Macarthur Square S/C
- Campbelltown, Seftons Pharmacy
- Campsie, Bassams Pharmacy
- Campsie, Georges Pharmacy

- Cecil Hills, Penna's Pharmacy
- Cessnock, The Chemist, Vincent St
- Chipping Norton, Little Tree Pharmacy
- Condell Park, Discount Drug Store
- Cooranbong, Cooranbong Pharmacy & Compounding
- Drummoine, Destros Pharmacy
- Dubbo (East), Orana Mall Pharmacy, Orana Mall
- Dundas, Springfield Pharmacy
- Edensor Park, Pennas Pharmacy
- Erina, HealthSAVE Chemist, Erina Fair
- Figtree, Figtree Plaza Chemist
- Forbes, Flannery's Pharmacy
- Forbes, Life Pharmacy, Bernardi's Market Place
- Glendale, Chemistworks, Stockland Super Centre
- Glendenning, Medicines R Us Chemist
- Glenmore Park, Mediadvise, Town Centre
- Goulburn, Priceline, Centro
- Greenacre, Your Discount Chemist
- Green Valley, Penna's Pharmacy
- Gregory Hills, Medicines R Us Chemist
- Hammondville, Hammondville Discount Pharmacy
- Hassall Grove, Medicines R Us Chemist
- Jamisontown, Medicines R Us Chemist
- Kingsford, Pharmacy@UNSW
- Lethbridge Park, HealthSAVE Lethbridge Park Pharmacy
- Leumeah, Leumeah Pharmacy
- Liverpool, Priceline Pharmacy, Westfield
- Liverpool, Penna's Pharmacy
- Maitland (East), Your Discount Chemist
- Manly Vale, Pharmacist Advice
- Marsden Park, Medicines R Us Chemist
- Miller, Pharmasave Miller Discount Pharmacy
- Mittagong, Capital Chemist
- Mount Druitt, Mount Druitt Pharmacy
- Mullumbimby, Mullum Chemsave Pharmacy
- Murrumbateman, Murrumbateman Pharmacy

- Narrabeen, Narrabeen Pharmacy
- Oran Park, Priceline Pharmacy, Oran Park S/C
- Orange, McCarthy's Pharmacy, Lords Pl
- Padstow, Smiths MediAdvice Pharmacy
- Panania, Panania Pharmacy
- Parramatta, Priceline, Westfield
- Penrith, Penrith 24 Hour Pharmacy (438 High St)
- Penrith, Priceline, High St
- Penrith (South), Priceline, Southlands
- Port Macquarie, Hearles Pharmacy
- Port Macquarie, Your Discount Chemist
- Prestons, Penna's Pharmacy
- Prospect, Myrtle Street Pharmacy
- Quakers Hill, Quakers Hill Discount Chemist
- Ramsgate Beach, Eddies Pharmacy
- Rouse Hill, Amcal Plus, Rouse Hill Town Ctr
- Ryde (West), PharmaSave, Victoria Rd
- Salamander Bay, Amcal Plus Pharmacy
- Seven Hills, Better Health Pharmacy, Shop 70, Seven Hills Plaza
- Seven Hills, Priceline, Shop 48, Seven Hills Plaza
- Shortland, My Community Pharmacy
- St Clair, Priceline, St Clair S/C
- St Ives, O'Loughlin's Medical Pharmacy
- St Marys, Easy Script, Queen St
- Tamworth, Blooms, Peel St
- Tamworth, The Centre Pharmacy, Northgate S/C
- Taree, Your Discount Chemist
- Thornleigh, Discount Drug Store
- Toukley, Hopes Pharmacy
- Ulladulla, Beachside Capital Chemist
- Urunga, The Urunga Pharmacy
- Wattle Grove, Wattle Grove Village Discount Pharmacy
- Wetherill Park, Chemistworks, Stockland
- Windang, Windang Pharmacy & Compounding
- Wyee, Wyee Centre Pharmacy
- Yass, My Pharmacy, Laidlaw St

ACT

- Conder, Lanyon Pharmacy, Lanyon Market Place
- Gungahlin, Priceline Marketplace
- Kaleen, Caremore Pharmacy, Kaleen Plaza
- Wanniasa, Erindale Pharmacy, Erindale S/C
- Weston, Coleman Court Pharmacy

Victoria

- Ballarat, Crawfords Pharmacy
- Bayswater, Direct Chemist Outlet
- Brandon Park, NOVA Pharmacy, Brandon Park S/C
- Broadmeadows, Greater Discount Chemist
- Broadmeadows, Hume City Pharmacy
- Brunswick West, Moreland Discount Chemist
- Carrum Downs, NOVA Pharmacy
- Clayton, Vicky Melissas Pharmacy
- Coburg (North), Direct Chemist Outlet
- Deer Park, Deer Park Pharmacy, Ballarat Rd
- Diamond Creek, Diamond Creek Pharmacy
- Doncaster East, Tom Lane Pharmacy The Pines
- Frankston, 89 Young Street
- Frankston, NOVA Pharmacy
- Frankston, Pharmacy Neo Towerhill
- Greensborough, Tom Lane Pharmacy
- Hampton Park, NOVA Pharmacy
- Keilor East, Lincolnville Pharmacy
- Langwarrin, Direct Chemist Outlet, Gateway Shopping Village
- Lavington, Terry White Chemmart Mayo's Northend
- Malvern, Pharmacy Neo, Malvern Central
- Mooroolbark, Mooroolbark Village Pharmacy
- Mulgrave, Terry White Chemmart Valewood Pharmacy
- Noble Park, Discount Chemist
- Noble Park, PharmaSave Noble Park Pharmacy
- Northcote, Discount Chemist
- Northcote, Soul Pattinson Pharmacy

- Paynesville, Paynesville Pharmacy
- Plenty, Eco+Life Pharmacy
- Port Fairy, Pharmacy Neo Port Fair
- Ringwood, Pharmacy Now
- Rosebud, Direct Chemist Outlet
- Thornbury, Steve Koliou CareMore Pharmacy
- Warrnambool, Direct Chemist Outlet, Target Warrnambool
- Waverley Gardens, NOVA Pharmacy, Waverley Gardens S/C
- Werribee, Direct Chemist Outlet Werribee Central
- Woodend, Woodend Pharmacy

South Australia

- Port Lincoln, Priceline, Porter St

Western Australia

- Exmouth, Exmouth Pharmacy
- Landsdale, Landsdale Compounding Pharmacy
- Mandurah, Mandurah Central Pharmacy
- Ocean Reef, Ocean Reef Pharmacy
- Stratton Park, Stratton Park Pharmacy
- Success, Cockburn Super Clinic Pharmacy



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Buy online:
www.bodycarenutrition.com.au

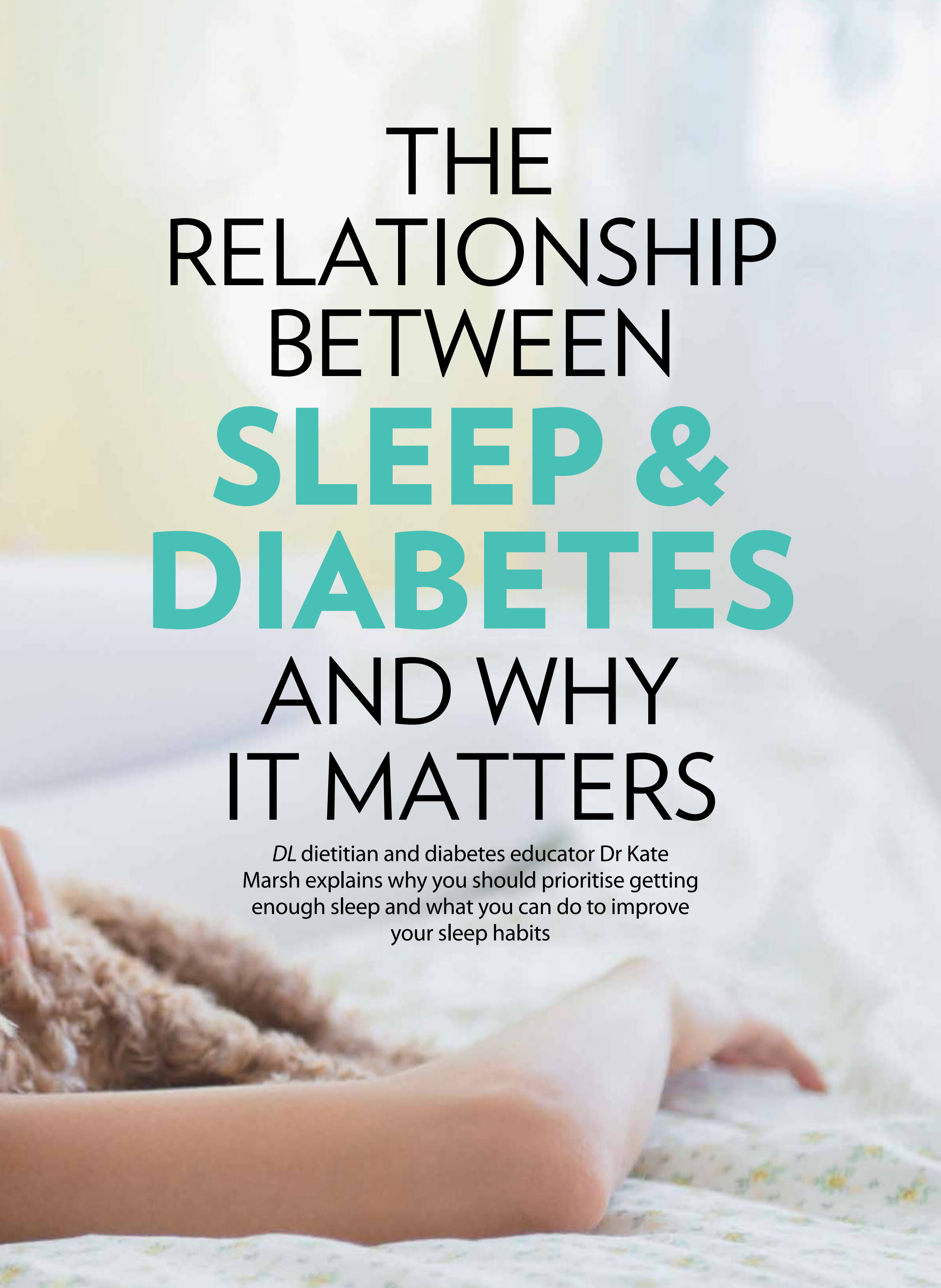
BodyCare Nutrition's™ Revitalise is a formulated supplementary food, which can be of assistance when dietary intakes of energy and nutrients are inadequate.
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living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*Wellness is the
connection
of two paths:
knowledge
and action.*



A soft-focus photograph of a person lying in bed, partially covered by a patterned blanket. A brown teddy bear is visible on the left side of the frame. The background is bright and out of focus, suggesting a window with natural light.

THE RELATIONSHIP BETWEEN **SLEEP & DIABETES** AND WHY IT MATTERS

DL dietitian and diabetes educator Dr Kate Marsh explains why you should prioritise getting enough sleep and what you can do to improve your sleep habits

Getting enough sleep is important for your health (including blood glucose and insulin levels) and your weight. Lack of sleep can worsen insulin resistance, increase blood glucose levels, and impact hormones that affect your appetite and weight.

The link between sleep and diabetes risk

Several studies have shown that both short sleep duration and poor-quality sleep can increase the risk of developing type 2 diabetes. While the mechanisms are not completely understood, poor sleep has been shown to worsen insulin resistance, the underlying problem in type 2 diabetes, and impair glucose tolerance. Lack of sleep also affects appetite hormones and weight, and carrying excess weight is a strong risk factor for type 2 diabetes.

How diabetes can affect your sleep

Having diabetes can also affect your sleep. In fact, studies have shown that people with both type 1 and type 2 diabetes more commonly report poor-quality sleep compared to people without diabetes.

There are many reasons having diabetes may affect your sleep, including:



Sleep apnoea and diabetes

Obstructive sleep apnoea (OSA) is a condition where a person's breathing repeatedly stops during sleep. It occurs because of partial or complete blockage of their airway while sleeping. Someone with OSA may stop breathing for anywhere between a few seconds and 90 seconds at a time. These episodes (known as apnoeas) can occur up to hundreds of times each night, depending on the severity of the problem. OSA occurs more commonly in people with diabetes (both type 1 and type 2) and untreated OSA can increase the risk of developing type 2 diabetes. Common symptoms include snoring, pauses in breathing while asleep (often noticed by others), waking up gasping or choking, morning headaches, waking with a dry mouth and excessive daytime sleepiness. If you think you might have sleep apnoea, it is important to see your doctor, who can refer you for further investigations.

- the need to get up to go to the toilet overnight because of elevated blood glucose levels.
- restless leg syndrome, which is more common in people with type 2 diabetes.
- pain associated with peripheral neuropathy (nerve damage), which is often worse at night.
- disturbance from insulin pump and continuous glucose monitor alerts and alarms - as helpful as this technology is for alerting wearers to potentially dangerous low and high blood glucose levels, diabetes devices can also be a common cause of sleep disturbance.
- hypoglycemia (low blood glucose level) – not only can the symptoms wake you up, but you then need to treat the hypo and wait until blood glucose levels have returned to a safe range before going back to sleep.
- obstructive sleep apnoea (OSA), which is more common in both type 1 and type 2 diabetes.
- insomnia, which refers to difficulties getting to sleep and staying asleep, has also been found to be more common in people with type 2 diabetes.

If your sleep is being disturbed by any of these factors, speak to your doctor or diabetes educator about how you might address them.

How poor sleep can affect your diabetes management

Not only can having diabetes impact your sleep, but poor sleep can have negative effects on your diabetes management. A review of 15 studies in people with type 2 diabetes found that both long and short sleep duration and poor sleep quality were associated with an increased HbA1c level (a measure of average glucose levels over the past 2-3 months). Similarly, in

adults with type 1 diabetes, shorter self-reported sleep duration and poor self-reported sleep quality were associated with higher HbA1c levels.

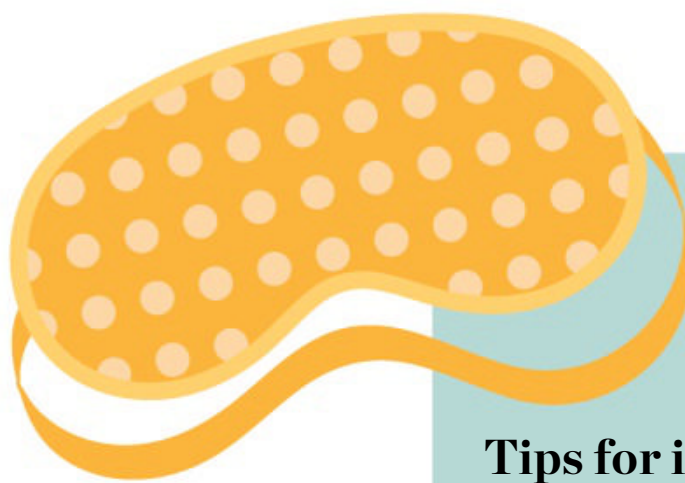
Poor sleep has also been associated with increased fatigue and daytime sleepiness, increased mood disturbances and decreased quality of life, and may affect your ability and motivation to self-manage your diabetes well.

The importance of sleep for weight management

Many studies have found a link between inadequate sleep and risk of overweight or obesity. Lack of sleep leads to hormonal changes which influence weight, including reduced insulin sensitivity and altered levels of appetite hormones (such as ghrelin and leptin) which influences hunger and appetite. Being tired also makes it harder to get enthusiastic about exercising and eating well.

The bottom line

Lack of sleep and poor-quality sleep can worsen insulin sensitivity, make it more difficult to manage your diabetes and weight, and can increase type 2 diabetes risk in those without diabetes. Having diabetes can also negatively impact your sleep. Getting a good nights' sleep can help with diabetes management and is essential for your overall health and wellbeing. Prioritising sleep should be an important part of your diabetes management plan.



Tips for improving your sleep

- **Prioritise sleep** – the first step in getting better sleep is to recognise the importance and to make it a priority.
- **Keep a regular sleep schedule**, including on weekends and holidays.
- **Try to get some bright light in the morning** and aim for dim lights at night. Use lamps in your bedroom in the evening rather than bright overhead lights. Light is an important regulator of our sleep-wake cycles.
- **Avoid screens before bed** – this includes TV, computers, tablets, phones and back-lit e-readers. If you can't get away from your screens, consider blue light blocking tools such as glasses that filter blue light or apps you can install on your devices such as flu.x (justgetflux.com) or Twilight (twilight.urbandroid.org). Some devices also have a 'night mode' you can switch on.
- **Exercise regularly**, especially in the morning, but avoid heavy exercise late at night.
- **Avoid stimulants** (caffeine or nicotine) before bed.
- **Avoid or limit alcohol** – you might think a glass or two helps you to relax and fall asleep, but drinking alcohol has been shown to worsen sleep quality.
- **Keep your bedroom cool, dark, and quiet.**
- **Remove distractions from the bedroom.** Keep your phone outside your room, or turn off notifications and switch it to flight mode. ■



The

Why a sedentary world is getting it all wrong

MIRACLE

Pill

In his new book *The Miracle Pill*, journalist Peter Walker wonders why fitness and sport is more ubiquitous than ever but at the same time, one in two adults isn't getting enough exercise. The answer is simple: activity became exercise and we stopped moving. Fortunately, Peter's investigations discover that even a small amount of activity results in almost immediate improvements. He explains more in this extract.

Small Doses Have Big Impacts

Dr Richard Mackenzie knows more than most people about the ways activity can affect the human body. He has worked with elite cyclists, in the laboratory where the former marathon world record holder Paula Radcliffe had her fitness tested.

His current research examines how a lack of movement can make people intolerant to insulin, and thus develop type 2 diabetes, one of the most prevalent, destructive and

medically costly chronic conditions of the modern era.

A lot of his work involves using isotopes, adapted elements which can be easily traced through the body to try to see the effects of activity at a cellular level. But sitting in the student café at Roehampton University in southwest London, a noisy, airy space with decidedly un-London views onto playing fields and then the green expanse of Richmond Park in the distance, Mackenzie is cheerfully honest about

how much he has so far discovered about these biological fundamentals.

The science is, he says, 'very challenging – even the whole-body level isn't really understood'.

Mackenzie is perhaps being unduly modest, given the potential future benefits of his research. One strand examines how certain proteins might act as what he calls 'a negative feedback loop' to push people into type 2 diabetes. This is the lifestyle-related variant of diabetes, distinct from type 1, which is a lifelong autoimmune condition. Type 2 diabetes begins when the tissues in someone's body stop responding properly to insulin, the hormone central to the maintenance of healthy blood sugar levels, putting them into what is called pre-diabetes.

Mackenzie's efforts focus on how some people with pre-diabetes then move to the full-blown condition, with the ensuing regime of medication and possible serious complications, and others do not. He has recruited a test group of pre-diabetic people with the hope of observing various protein interactions which then cause one or the other outcome. The eventual aim, which Mackenzie concedes is 'a long way off', could be some

form of bespoke treatment based around the metabolic profile of individual patients.

Other studies led by Mackenzie examine how activity reverses the diabetic starting point. This involves taking a volunteer and infusing them with higher-than-usual levels of insulin to mimic the effects of pre-diabetes, balanced with a careful counter-dose of glucose to make sure they don't slip into a diabetic coma. 'You might laugh,' Mackenzie says as he explains this to me. 'But we do make sure no one is harmed.'

Once this artificial pre-diabetic state is induced, the subject starts exercising, and Mackenzie and his team observe the way activity improves their body's ability to process glucose. I ask him how long it takes – a few hours, perhaps a day? He replies with a smile: 'You can see the effects begin within seconds.'

TAKE ACTION
Try, if you can, to roughly tally how much activity you amass in an average week – how many minutes of moderate and/or vigorous movement. There are lots of useful web pages which give a full list of what activities count. You might be surprised how it all adds up, or you might realise you are, officially, inactive. And when you are walking, think about trying to do so briskly. Remember the adage about being to speak but not necessarily sing.

astonishing aspects of physical movement: for all the harm caused by its absence, more or less the very moment you start to use your body again, it feels the benefits.

For decades, the conventional wisdom was that for activity to have much of a health-restoring

There are very, very few people that exercise won't help.

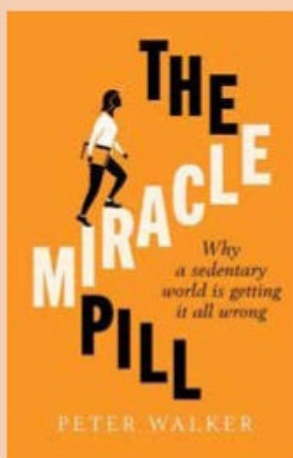
It's that quick. The subjects can become pre-diabetic, if you like, and then revert to healthy before they leave the lab.' It is not only the timescale which is exaggeratedly tiny – is the range of movement needed to have a metabolic effect.

Mackenzie explains: 'As we're infusing the insulin, even modest things like giggling, using muscles that allow you to laugh, mean that we have to infuse more glucose because those muscles are responding very well to the insulin. And it always works. There are very, very few people that exercise won't help.'

Cutting-edge studies about the cellular process of glucose intolerance might seem a bit distanced from this book's story of everyday activity. But they illustrate one of the most

effect it had to be at least reasonably vigorous and fairly regular. These ideas are now being rapidly rethought, in part due to the advent of sophisticated electronic activity trackers, like the one I borrowed, which have helped researchers to properly measure limited amounts of low-level movement and follow the health outcomes. Another emerging consensus dispenses with the assumption that activity has to last a certain period of time, arguing that even the briefest bursts can be beneficial. This is the new, and hopeful, world of inactivity advice.

Yes, if you can reach well-known targets like 10,000 steps a day or 150 minutes of activity a week, that's great. But in terms of both amount and intensity, just about anything is better than nothing at all. ■



This is an edited extract from The Miracle Pill by Peter Walker. Published by Simon & Schuster, RRP \$32.99.



SMALL CHANGES **BIG** RESULTS

Eating well doesn't have to mean totally overhauling your diet. Making just a few small swaps to your usual meals and snacks can really add up. To lose 0.5-1.0kg per week you need to reduce your energy intake by around 2100-4200 kilojoules per day. If you usually have three meals and two snacks, that means shaving 420-840kj off each meal and snack. Here are some simple swaps you can make, which when repeated consistently, will lead to big results over time.

These changes won't only cut kilojoules but will also reduce saturated fat, sodium and added sugars and boost fibre intake

BREAKFAST

SWAP

2 slices of
Tip Top Café
Raisin loaf



WITH

2 slices of
regular Tip Top
Raisin Toast

SAVE

740kj

SWAP

2 fried eggs
and 2 rashers
of bacon



WITH

2 poached eggs, grilled
tomato, sauteed
mushrooms and baby
spinach

SAVE

around 810kj

SWAP

ham & cheese
croissant to 2 slices
of wholegrain toast



WITH

2 tablespoons of
low-fat ricotta and
a sliced tomato

SAVE

almost 400kj

SWAP

200g Farmers
Union Greek Style
Natural Yoghurt



WITH

200g Chobani
Low Fat Plain
Yoghurt

SAVE

almost 580kj

LUNCH

SWAP

Maggi 2 Minute
Noodles Chicken
Single Cup



WITH

La Zuppa Chicken
Noodle Microwave
Soup Bowl

SAVE

680kj

SWAP

Meat pie



WITH

Super Nature Pasta
Beef & Chia
Meatballs meal

SAVE

710kj

SWAP

Helgas Traditional
Wholemeal wrap



WITH

Simsons Pantry
Whole Grain Super
Barley wrap

SAVE

almost 440kj

SWAP

Woolworths
Chicken &
Caesar Bowl



WITH

Woolworths
Greek Salad Bowl

SAVE

almost 440kj

DRINKS

SWAP

Medium size latte
with full-fat milk



WITH

Small skim
latte

SAVE

more than 400kj

SWAP

Medium size Boost
Blueberry Blast



WITH

Medium Two
& Five blend

SAVE

over 700kj

SWAP

Regular-size Chatime
Coconut Milky Iced
Tea (no sugar)



WITH

Regular Fresh
Jasmine Tea

SAVE

560kj

SWAP

Small hot chocolate
(full-fat milk,
no cream)



WITH

Small skim
cappuccino

SAVE

close to 500kj

SNACKS

SWAP Magnum Classic Ice-Cream Bar ▼ WITH Magnum Mini Classic Bar SAVE 420kj	SWAP regular-size Mars Bar ▼ WITH fun-size version SAVE 670kj	SWAP average slice of banana bread ▼ WITH medium banana SAVE almost 400kj	SWAP 50g packet of potato chips ▼ WITH 25g packet of roasted chickpeas SAVE 650kj
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DINNER

SWAP Swap 100g of regular beef mince ▼ WITH 100g red kidney beans in your favourite Mexican meal SAVE 530kj	SWAP 100g serve of oven chips ▼ WITH Medium (150g) jacket potato with a dollop of Greek yoghurt SAVE 610kj	SWAP Ayam coconut cream ▼ WITH Ayam lite coconut milk in your curry SAVE 470kj per 100mls	SWAP 1 cup of boiled white rice ▼ WITH 1 cup of pearl barley SAVE 420kj
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EATING OUT

SWAP McDonalds Big Mac Meal with medium fries and Coke ▼ WITH Snack Wrap with small fries and water SAVE 2440 kj	SWAP Sumo Salad large-size Chicken Ceasar salad ▼ WITH regular-size Chicken Kaleslaw SAVE 1400kj	SWAP Guzman and Gomez Spicy Ground Beef Nachos ▼ WITH Spicy Grilled Chicken Burrito Bowl SAVE 2050kj	SWAP Nandos ¼ chicken, regular chips and regular coleslaw ▼ WITH 4 chicken tenderloins, reg corn on the cob & regular peri-peri grilled broccolini SAVE 1810kj
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* The energy content of some fast foods means that making smart switches can really add up, particularly if you eat out regularly.

THE DOWNLOW ON



Keto - you may have heard of it, you may have tried it or you may know someone who swears by it. So what is this miraculous diet? Can you really lose as many kilos as some people claim? And will it impact your blood glucose levels? Dietitian Susie Burrell is here to tell you what you need to know.

WHAT IS KETO?

'Keto' refers to ketosis, a metabolic state in which the body's energy is coming from ketones, which are produced when fat is burnt as the dominant fuel as opposed to glucose from carbohydrate. Ketosis is used as an energy system when carbohydrate intake is extremely low. It's a survival mechanism to help ensure we do not starve and can live off our own fat stores when energy intake from carbohydrate is low. Keto has been used as a dietary treatment for a number of medical conditions.

THE KETO DIET

The keto diet is designed to shift the body into a state of fat burning by keeping carbohydrate intake exceptionally low (less than 10-20% of total energy, or as little as 20g of total carbohydrates per day). When the body is in ketosis, fat is metabolised at a much faster rate than is usually seen when carbohydrates are the primary energy source. As a result, weight losses of more than 2kg a week can be observed.

NEED TO KNOW

While this may sound amazing, there are some important specifics to know about the keto diet. Firstly, as ketosis is not the body's default metabolic process, when carbohydrate intake is dramatically reduced it takes a number of days to actually achieve ketosis. It is not just a matter of cutting your carbs for a couple of meals. Rather, once you eliminate carbs from your diet it takes some time for glycogen stores in the muscles to be depleted and for ketosis to be induced, 2-3 days at least. As the body shifts from glucose or carbohydrate metabolism into ketosis, a number of symptoms can be experienced including headaches, cravings, fluctuating blood glucose levels and fatigue. It is generally not a pleasant process.

It is actually not very easy to achieve ketosis. The specific requirement for ketosis is that the majority of calories are coming from fats (at least 70% of total calories). As the foods that are mostly fat are limited to oils, seeds, nuts and avocado, the number of foods you can eat on a keto diet is extremely limited - think oils, avocado, oily fish, salad greens, nuts, cheese, cream and a couple of other high-fat, low-carb foods. This also means no pasta, bread, rice, cereal, grains, fruits or non-leafy green vegies, ever.

Did you know?

Yes! Green beans are suitable for a very low carbohydrate diet when eaten in moderation.

THE GOOD THINGS

If you can follow a keto diet, the results can be dramatic, especially if you have a lot of weight to lose. Some people have achieved weight loss of 5-7 kilos a week! For those who like to eat fatty foods, including cream, cheese, nuts and oily fish, they can find this diet relatively easy to follow. Adherents may also find that the keto diet aids hunger management, with higher-fat foods helping to keep them full and less vulnerable to fluctuating blood glucose levels. Over time though, there is evidence to show that there may be significant improvements in both glucose and insulin levels, secondary to significant weight loss in some individuals.





WHO IS KETO BEST FOR?

Any diet will work if you can follow it but without doubt the greatest issue with keto is that it is difficult to follow, especially long term. Remember keto means very, very little carbohydrate long term - this means literally no fruit, bread, cereal, rice, pasta or vegies. Very few people, in general, are happy to eat this way for an extended period of time.

WHERE DO PEOPLE GO WRONG?

Many people confuse keto with low carb and simply replace their carbs with extra protein and vegies. This is not keto, keto is a high-fat diet not just a low-carb one. The most common reason that keto does not work is because fat intake is too low, and protein intake from dairy, meat, chicken and fish is too high. Keto may also not work if overall calorie intake is too high. This is common in small women who need to strike a balance between a high-fat diet and also a diet that is calorie controlled. This can be a tricky balance if you do not have a lot of weight to lose and have a small frame.

THE NOT-SO-GOOD THINGS

While the results of keto can be dramatic, it is hard to follow, especially when you are eating away from home, as the food options are exceptionally limited. The low intake of grains, fruits and vegies can result in a low intake of dietary fibre which in turn can impact gut comfort and cause constipation. There are also a few side effects including bad breath and lightheadedness.



WHAT ABOUT KETO AND DIABETES?

While there is much talk about low-carb and keto diets having the ability to reverse diabetes, a closer look at the scientific evidence shows there are very few studies that have assessed the safety and long term outcomes of those who use the keto diet as a treatment for their diabetes. Indeed there are some studies which show positive results, but there are just as many that do not, and so the role keto diets should play in diabetes management remain unknown. In saying that, for individuals who are under the care of a medical specialist or dietitian who specialises in the area, you are always best to follow their individualised recommendations for you, which may include carbohydrate-modified diets including keto.

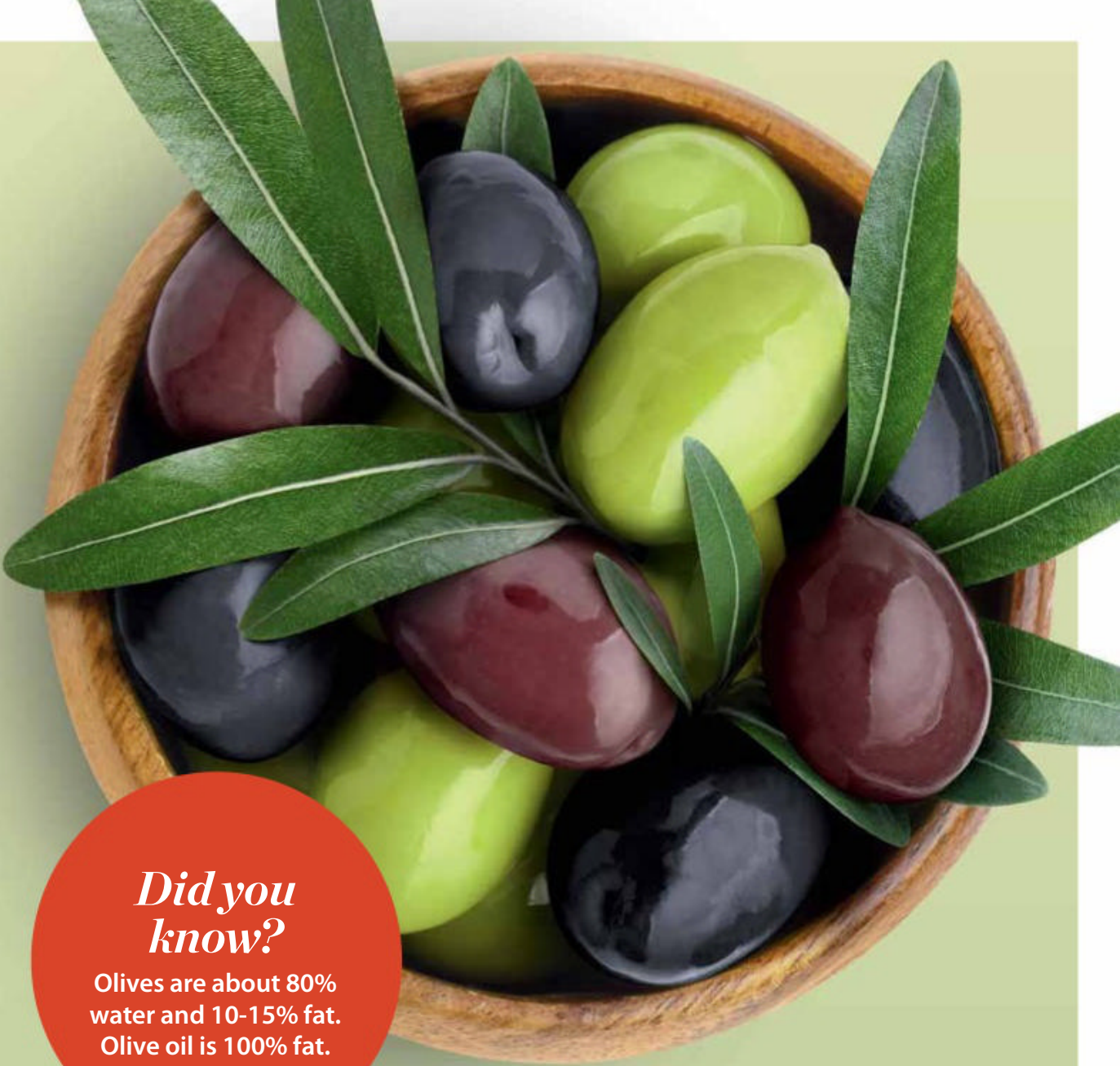
nutrition

GETTING STARTED

If you have diabetes, it is vital that you get advice from your dietitian or endocrinologist before you attempt keto, as medication doses often need to be adjusted and monitored to account for the dramatic reduction in carb intake. In general, most people will benefit from seeing a dietitian to develop a version of keto that is specific to them. The next best option is to monitor your own diet using a program such as ‘myfitnesspal’ to ensure that your diet is reaching the targets of just 20-50g of carbs in total and 70% of energy from fat overall. In my experience those with diabetes benefit just as much from diets that have slightly higher carbohydrate intakes as they do from an extreme keto approach.

THE DIETITIAN’S VERDICT

Keto diets have been used medically for many years but in my experience they are difficult to follow. In my clinical practice I get the best results with keto for larger males who are happy to eat loads of fat. For women, and most people, I think there are better diets out there, that focus on eating a lot more fresh foods, to utilise for sustainable weight loss. ■



Did you know?
Olives are about 80% water and 10-15% fat.
Olive oil is 100% fat.

In my clinical practice I get the best results with keto for larger males who are happy to eat loads of fat.



SAMPLE DAY ON KETO

BREAKFAST 1 slice low-carb toast, ½ avocado, 2 slices tomato	LUNCH Mixed salad leaves, 50g smoked salmon, ½ avocado, ¼ cup shaved Parmesan cheese, 1 tbsp olive oil dressing	SNACK 30g mixed nuts
SNACK 40g cheese, ½ cup strawberries		DINNER 150g salmon or tuna fillet, zucchini pasta with cream sauce

WORDS SUSIE BURRELL; PHOTOGRAPHY ADOBE STOCK

NEED-TO-KNOW FACTS ABOUT... **DIABETES & YOUR SKIN**

Diabetes and an inflammatory skin condition called hidradenitis suppurativa can go hand in hand. Find out why, what hidradenitis suppurativa is and what to do if you develop it.

1 Hidradenitis suppurativa (HS) causes small painful lumps to form under the skin.

A result of the sweat glands becoming blocked, these boil-like nodules often progress to redness and swelling, before starting to leak pus. They can go on to form difficult-to-heal open wounds and in some cases, even lead to severe and disfiguring scarring.

2 It only affects specific areas of skin.

HS mainly occurs in areas where sweat glands are located, like the armpits and the groin and genital area. Between the buttocks and below the breasts are other common sites. It can affect single or multiple areas of skin at the same time.

3 There's a relationship between diabetes and HS.

According to a 2019 review study, type 2 diabetes is more prevalent in people who have HS compared to people who don't have the skin condition.

4 Insulin resistance may explain the link.

While the exact cause of HS isn't known, certain things increase the risk of it developing including smoking, being overweight and if there's a family history of the condition. Thanks to the complex role insulin plays in maintaining healthy skin, insulin resistance is also a known risk factor. In fact, research shows that more than one in three people with HS also have insulin resistance.

5 A common type 2 diabetes medication can also help to treat HS.

Metformin has been shown to help control HS, most likely thanks to the way it helps to reduce insulin resistance. Other treatments include antibacterial washes, antibiotics and corticosteroids. Severe cases often require surgery. HS isn't curable but it's usually controllable with treatment.

6 There's no known way of preventing HS.

Because doctors don't have all the answers about what causes HS, how to prevent it hasn't been discovered yet, either. But there are things you can do to lower your risk, including achieving and maintaining a healthy weight and not smoking. And if you do develop HS, as well as using any treatments you're prescribed, you may be able to lessen its symptoms by wearing loose-fitting clothes and quitting shaving the affected areas.

7 See your doctor if you're worried.

Timely treatment of the inflammation that HS can lead to plays a key role in helping to prevent the condition from progressing and causing scarring. So, if you notice something on your skin that worries you, ask your doctor for a referral to a dermatologist who'll be able to diagnose HS or rule it out. ■



DIABETIC MASTOPATHY



DO YOU KNOW THE DIFFERENCE?

Learn about a little-known breast condition that mimics breast cancer, and only affects people with diabetes, with specialist breast surgeon Dr Mary Ling

What is diabetic mastopathy?

Diabetic mastopathy is a complication of diabetes characterised by lumps that develop in the breast. It is a benign breast condition, but can be misdiagnosed as breast cancer.

Who does it affect?

It most commonly affects premenopausal women with type 1 diabetes, with the incidence reported to be as high as 13 per cent. It can also occur in men and in people with type 2 diabetes who are often insulin dependent.



BReAST CANCER



Dr Mary Ling is a specialist breast surgeon servicing the Central Coast and Newcastle area. See her breast blog at drmaryling.com.au for information on weight loss for cancer, tips to reduce drinking (related to 1 in 5 breast cancers) and much more.

What causes it?

It is not known what causes diabetic mastopathy. Having a persistent high blood glucose level and diabetic-related complications, such as kidney disease and neuropathy, is associated with the development of the condition.

What are the signs?

Diabetic mastopathy presents as a breast lump that is non-tender, mobile and firm to hard in consistency. It can be solitary or multiple, and can affect both breasts.

How is it diagnosed?

Breast lumps are assessed by the “triple test” which includes clinical examination, imaging with mammogram and ultrasound and biopsy. It is not possible to tell the difference between diabetic mastopathy and breast cancer on clinical examination and on imaging, so a core biopsy is always required for diagnosis. Surgery to remove the lump, an excisional biopsy, is recommended when breast cancer cannot be confidently excluded.

What is the treatment?

Once the diagnosis is confirmed, the lumps do not require surgical removal and can be monitored. Diabetic mastopathy does not increase your risk of breast cancer. The lumps do not progress to become cancer, and tend to recur after surgical removal.



BREAST CARE AND DIABETES

It is important to continue to be breast aware after a diagnosis of diabetic mastopathy, and see your doctor if new lumps appear. Breast cancer is still a much more common condition than mastopathy, affecting 1 in 7 women. Weight gain after menopause is a significant risk factor.

Being breast aware means checking your breasts regularly so that you are familiar with how

your breasts normally look and feel, and therefore you are more likely to notice any unusual changes.

It is also recommended that women over the age of 50 have a screening mammogram every 2 years. Mammograms can pick up breast cancer when it is the size of a grain of rice, years before a lump can be felt. Breast cancer is highly treatable if diagnosed early, with 99 per cent survival for early-stage breast cancer.

EVERYDAY MOMENTS TO CHECK YOUR BREASTS



THE MIRROR CHECK

Inspect your breasts with arms by your side, behind your head and then hands on hips. At each step, look for any dimpling of the skin or pulling in of the nipple, as well as any changes in shape, size or colour of your breasts (including your nipples).



THE LYING DOWN CHECK

Lying on your back helps flatten your breast tissue, making it easier to examine. Use the pads of your three middle fingers moving around the entire breast in a circular pattern. Cover the entire breast area from your breastbone to your armpit and from the bottom of your breast to your collarbone. Feel for any lumps or thickened areas.



THE SHOWER CHECK

Use the same technique for The Lying Down Check. ■



ASK AN EXPERT

Accredited Practising Dietitian Savina Rego answers some questions about weight loss, what to bear in mind if you have type 2 diabetes and why helping the scales shift isn't the only use for meal replacement shakes.

Q I've got type 2 diabetes – can I use meal replacement shakes to lose weight?

A According to a few different research studies, including one published in *The Lancet* (medical journal), meal replacement shakes can not only help people living with type 2 diabetes lose weight, they can be useful when you're trying to achieve rapid weight loss, perhaps to prepare for surgery, to help alleviate joint pain or to help gain better control of your diabetes, quickly. But just as there's no one-size-fits-all approach to successful weight loss, whether meal replacement shakes are suitable for you and your diabetes

is something you should talk to your doctor, dietitian or diabetes educator about before you start using them, particularly if you plan on using them as a total meal replacement, otherwise known as a very low calorie diet (VLCD). VLCDs tend to be relatively low in carbohydrates, so your diabetes medication may need to be adjusted in order to prevent hypos.

Q I see a lot of people using protein powders and shakes to lose weight. What's the difference between these and meal replacement shakes?

A The short story is that protein shakes are designed to be used

as a diet supplement – particularly to fuel high intensity exercise and to aid the growth and repair of muscle tissue – rather than as a meal replacement. While protein shakes are, as the name suggests, rich in protein, they're not nutritionally complete. On the other hand, meal replacement shakes are designed to help people lose weight by being portion controlled as well as providing protein, fibre, healthy fats, carbohydrates and a mixture of vitamins and minerals.

Q Can I use meal replacement shakes even if I'm not trying to lose weight?

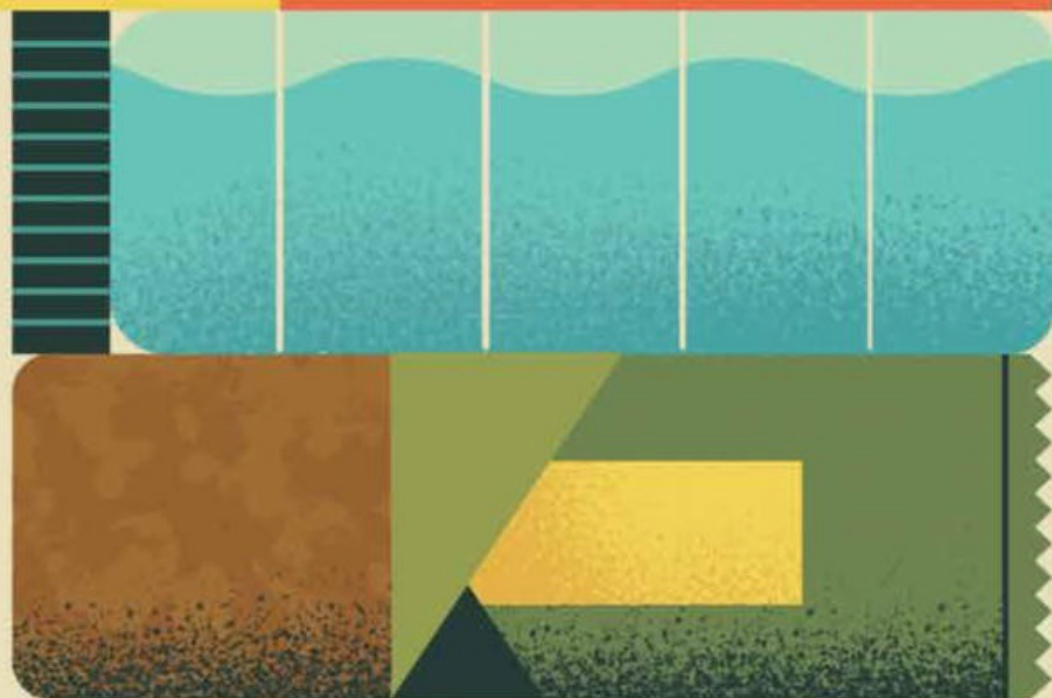
A Absolutely. You might like to use a shake to replace a meal every now and then for convenience when you need a quick meal or snack on the go; because you know it's portion controlled and nutritionally complete so it takes the hassle out of preparing something from scratch; or because – provided you choose the right shake – it's a source of high-quality protein, which can be useful to help control your hunger levels. They can also be useful for maintaining a healthy weight after weight loss, too. And I know other people even find them really useful as a way of maintaining energy and nutrients after dental surgery. ■



READY

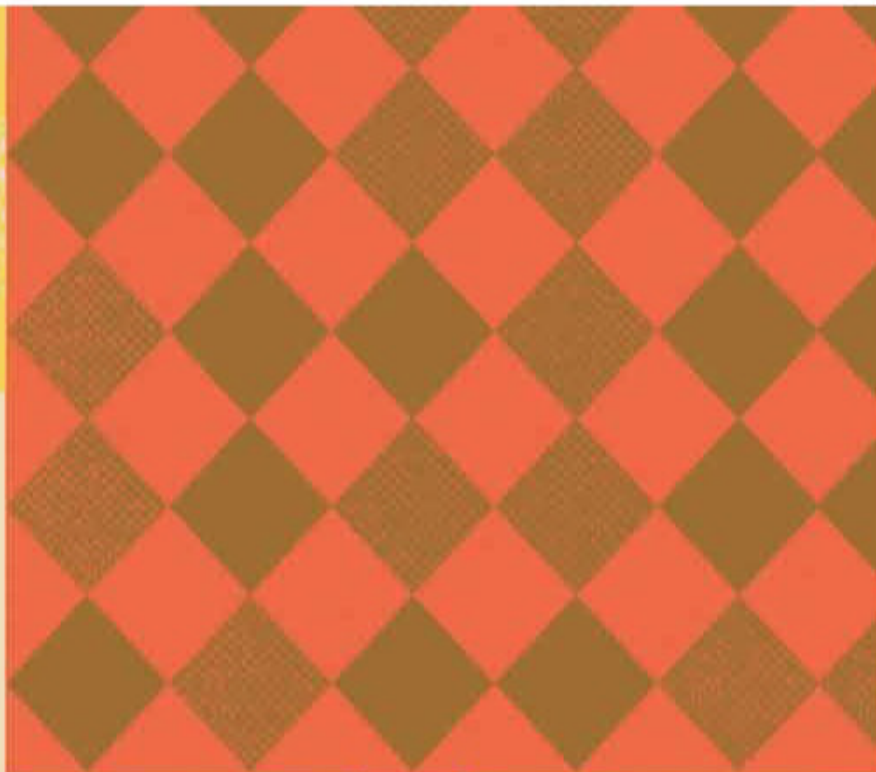


FOR





Remember the Scout motto,
“Be Prepared”? It still applies as an adult.
Here’s how to brush up on your diabetes
preparedness plan so you’re ready for
whatever comes your way



ANYTHING

in an emergency

As a nurse and certified diabetes care and education specialist Joe Trotter is always telling patients to be prepared for anything. That was on his mind in March 2020, he says, when it gradually became clear he hadn't followed his own advice.

"There was more and more news about [COVID], and it seemed to be escalating," recalls Trotter, who has type 1 himself. Living in a big city, he'd always taken its resources for granted, assuming that if he ever needed something in a pinch, "I'd just go out and get it."

That calculus changed with the pandemic bearing down. If he was going to suggest to patients that stocking up on critical supplies was in their best interest, Trotter realised there was no reason that advice shouldn't also apply to himself. "I realised I should probably do some planning ahead; that maybe I should take preparedness a little more seriously, and not only for COVID, but for emergencies in general."

Toward that end, Trotter says, he bought finger-stick glucose monitors and test strips he could use if there came a time when his primary CGM wasn't available. He worried that his pump, which is charged by USB, would no longer work if the power went out, so he contacted his provider and secured a prescription for a long-acting insulin he could use if he needed to adopt a basal-bolus routine. He made sure he had extra pen needles on hand, and he bought extra batteries for all of his devices. And he spent some time refreshing his regular medicine cabinet, replenishing his shelves with basic necessities like ibuprofen, cold and sinus medications, and first-aid supplies like alcohol swabs and Band-Aids.

Finally, Trotter says, he started stashing snacks. It wasn't that he thought that COVID-19 might lead to food shortages or a run on essential medicines, but he didn't want to take his chances, he recalls. "Honestly, you never know what's going to happen. I just decided these were relatively easy things for me to do, and that I'd rather be ready than caught unprepared."

Maybe I should take preparedness a little more seriously, and not only for COVID, but for emergencies in general



Why You Need a Plan

While emergency situations can be difficult for anyone, they're often especially challenging for those with diabetes, says Karl Nadolsky, a spokesperson for the American Association of Clinical Endocrinologists and a clinical endocrinologist at Spectrum Health in Grand Rapids, Michigan. "It depends on the type of diabetes you have, and on the kinds of medications you're on, but you have to be thinking about the potential for complications when something big like a natural disaster happens that's out of your control."

Whether it's a virus, bushfire, flood, or cyclone, an emergency that affects large swathes of the population can disrupt your regular care plan. Aside from drastic changes, like a forced evacuation or shelter-in-place order, emergencies can cause smaller, longer-term impacts such as localised medication and supply shortages or road closures that make it harder to get to stores and doctors' appointments.

Still, Nadolsky says, if you've given thought to such scenarios – and you've taken the time, like Trotter did, to assess your personal circumstances and health-related risks – you can make things significantly easier on yourself should they actually occur. "For any type of broad emergency," he notes, "it's so critical you have a plan in place so you're not trying to figure out what to do at the last minute."

So where should you begin and what should your plan include? Here's what Nadolsky and other experts have to say.

Take Care of Your Health Now

Before you look to the future, Nadolsky recommends, start by taking stock of what you're currently doing well. Are you finding time for regular exercise? Are you getting enough sleep and eating a nutritious diet? If you're leading a relatively healthy lifestyle today, you'll be in a better position to manage your diabetes, he explains. "Your goal should be to optimise the condition, because that can help prevent complications."

If you're among those who could use a boost in this regard, work with your healthcare team to identify your personal risks and the actions you can take to mitigate them. That might mean making changes to what you eat or asking a friend or family member to join you on daily walks. (If outdoor exercise is inconvenient or impossible, consider trying a fitness app or video and doing your workouts from home.) For some people, a self-care upgrade might include activities for reducing or managing stress – like art, yoga, or meditation – while for others it might involve trying new social pursuits to create a sense of community and build new relationships. Follow your interests, experts recommend, and be open to developing new ones that promise to improve your health.

Last, Nadolsky says, stay on top of your regular doctors' appointments to ensure your medications are what they should be. Should an emergency arise, he notes, you don't want to find – when it's too late – that the regimen you're on is no longer adequate, or that the prescription you have is outdated. "Take care of the details while you can now, and you'll set yourself up for success later," he says.





Build Your Emergency Team – and Your Supply of Emergency Medicine

Once you've taken steps to fortify your health, it's time to do the same with your medical team. Talk to your providers about their plans for different emergencies, and ask them specifically how they'll approach diabetes management. (If you found that during the early months of the coronavirus

pandemic your providers were hard to reach or unresponsive, ask them if they've made any changes to improve their services in such situations in the future.)

Make a list of any medical-office phone numbers you may need, as well as any backup or emergency numbers. Can you email your provider or message them through their portal if the electricity is out or the phones stop working? Do they have a system in place where you can access telemedicine if you can't see your doctor in person? Find out what they plan to do if they can't hold normal office hours. What will they offer instead?

Also talk to your providers about ensuring you'll have the medications you need in the event that a major emergency prevents you from getting prescription refills on time. Marty Irons, a pharmacist and certified diabetes care and education specialist, recommends accumulating a three-months' supply of insulin and then rotating your inventory in your refrigerator so you're always using your oldest insulin first (most insulin is dated to last about two years before first usage). To do so, he notes, may take 12 months or more. "Just try to get your refill as early as possible, and start to slowly build a stockpile."

Other advice from Irons: In addition to the pharmacy you regularly use, get your personal information and insurance

information on file at a backup pharmacy you're likely to turn to during an emergency (where a close family member lives, for example).

"That just

gives you some flexibility, so if something happens [and you're forced to leave home] your medications or prescriptions can be transferred very readily," he says.

Finally, Irons recommends building a "diabetes kit": a container with at least one week's worth of critical diabetes supplies. "It's your 'go bag' with everything but the insulin or GLP-1 medications," which should remain refrigerated until the last minute, Irons says.

Build a "diabetes kit" with at least one week's worth of critical diabetes supplies

Among the items not to forget: glucagon for hypoglycemia (if you take insulin) as well as fast-acting carbs; snacks like dried fruits and protein bars; extra needles and other testing and insulin-delivery supplies; and any oral medications you take on a regular basis. Also include a written list of all current medications and doses, as well as the times you normally take them, and include the contact information for your key providers and your primary and backup pharmacies.

Emergency Preparedness Resources

Looking for more information?

The following organisations provide resources and guidance that can help you put together a custom diabetes emergency preparedness plan. You can find videos, checklists, and downloads at these websites.

ADEA

adea.com.au/resources-2/disaster-planning-and-management/resources-for-people-with-diabetes/

Diabetes Australia

diabetesaustralia.com.au/living-with-diabetes/diabetes-healthy/be-prepared/

NDSS

ndss.com.au/living-with-diabetes/health-management/emergencies-and-diabetes/



Stock Up on Other Supplies

One only has to remember the “panic buying” at the start of the COVID-19 pandemic (toilet paper, anyone?) to understand the importance of stocking up prior to any emergency. Hoarding supplies is not recommended, nor is it feasible if you have limited space. But you can make sure you have extras of a few key staples – especially those you depend on to manage your diabetes.

Focus on what you’d need if you were confined to your home for several weeks (include items for entertainment), but also on what you’d take with you in an evacuation. For your emergency kit, the NDSS recommends packing a Hypoglycaemia kit – including jelly beans, glucose tablets, cans of soft drink, a glucagon kit and a supply of nonperishable foods – and at least a three-day supply of bottled water. First-aid supplies, extra clothing, and extra batteries and chargers also make their list, as do a few less-obvious items, like a pen and notepad for recording blood glucose levels and tracking your general state of health.

At home, replenish any over-the-counter medications that are in low supply, and ensure you have what you need for personal hygiene. And aim to stock your pantry with shelf-stable and nutritious foods so you can continue preparing healthy meals for as long as you’re prevented from getting to the store. Among the items recommended by registered dietitians: canned beans, vegetables, and fruits (in their own juice); brown rice and whole-grain pasta; canned tuna or chicken; and bags of nuts and seeds you can add to meals or eat on their own when you need an energy boost.

Shore Up Your Social Support

Joe Trotter, for his part, made it through the hardest weeks of COVID-19 without tapping any of the emergency supplies he assembled at the start of the pandemic. Like a lot of people, however, he leaned on family and friends, and that’s a strategy he’d recommend to anyone with diabetes. “Having social support is always important for any chronic condition, just so you don’t feel alone,” he says. As you work on your emergency plan, he suggests, make a list of the people you know you can turn to and talk to when the going gets rough – or whenever you crave a little human contact. Also be sure to write down their numbers (in case your phone dies), and tell them that they’re in your plans so they know that you feel your relationship is valuable.

At Emory Healthcare, Trotter notes, he talks about the need for social support with many of the people he sees. And in the months since COVID first came on the scene? He and his colleagues are still conveying the importance of emergency preparedness, he says, “But now we’re definitely giving it a little more weight because I think we’ve all seen how important it really is.” ■





WILL power

Planning for your future now, whatever your age, can give you peace of mind, protect your family and avoid legal hassles down the track

Faced with the prospect of planning for life's worst-case scenarios – losing your physical or mental faculties, being unable to make decisions or care for yourself and, of course, your death – most of us prefer to climb into bed and pull the blankets over our head.

The plain fact is, when it comes to these big issues, most of us are worryingly unprepared, according to recent surveys. As a nation, it seems that far too few of us have made a will or set in place arrangements for others to take over decision-making and manage our financial affairs if we become unable to.

Research undertaken by the NSW Government also showed that, while 85 per cent of adults with ageing parents expected to be involved in some aspect of decision-making for them:

71%

had not discussed with their parents about how their finances would be managed.

64%

had not spoken about what medical treatment they would or would not want.

58%

had not discussed the making or content of wills.

These can be thorny topics, with families perhaps feeling uncomfortable about raising questions relating to money, ailing health or personal independence with their ageing relatives. Yet, without the proper paperwork in place, families (and friends) can find themselves in legal limbo. For instance, they would be powerless to act in the best interests of their loved one in cases where illness or injury has left that person unable to make their own decisions.

'We like to believe things only happen to other people and that somehow we are invincible, but the truth is we are not, and we should all prepare for the future,' says NSW Minister for Ageing, John Ajaka, who launched the 'Get it in black and white' community drive in 2013, to urge people to consider the issue.

'Planning for later life is like having an insurance policy in place, except it covers your health and financial requirements, and ensures your loved ones are looked after when you are no longer around,' he says.

So it's time to throw off the blankets, face up to the facts and put in place arrangements for the big three essentials – your will, power of attorney and

*We like to
believe things
only happen to
other people
and that
somehow we
are invincible*

guardianship. This way, you and your family will not get caught up in all the potential crossfire of trying to negotiate a legal minefield. The requirements for each of these aspects may vary from state to state, so it's best you get advice from your solicitor.

MAKE YOUR WILL

Everyone over the age of 18 should have a will, as dying intestate (without a will) creates all sorts of complications that your loved ones don't need when they are grieving. Dying intestate means the government becomes involved in your estate – that is, all of your assets at the time of your death – and makes the final decision on how it is distributed. There are slight differences between states and territories, so make sure you are aware of your government's position.

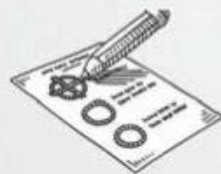
You may think your financial affairs are pretty uncomplicated and that how your assets are to be dispersed after you have gone should be fairly obvious, but if you haven't written it down in a document – signed by witnesses – your best intentions amount to nothing. Everything needs to be set out clearly and unequivocally.

ORGANISE YOUR ESTATE



GET A SOLICITOR

If you don't already have a trusted legal advisor, it's time to find one. Ask friends and family for recommendations or contact The Law Society or Institute in your state to find a practising solicitor in your area.



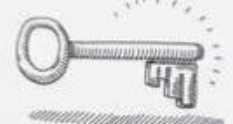
TAKE ADVICE

It can be tempting to grab one of those 'off the shelf' legal will kits online or from the newsagent and, at a pinch, it might serve the purpose. However, as you get older and accumulate more assets, and possibly children, you'll need a solicitor to help you make a legally binding will.



MIND THE KIDS

In the event of your death, and if your children are minors, nominate guardians who can look after them until they come of age. Ask the nominees first and, ideally, have them come to a meeting with your solicitor. You can also anticipate that your kids will be adults at the time of your death, so if that is the case, you can set out how your estate is to be dispersed.



CHOOSE WISELY

Every estate has an executor. Some people nominate the public trustee, but most use a trusted friend. Being an executor should be relatively straightforward, but if things get messy, the will be involved. Generally, though, an executor's biggest task is organising the funeral, locating the will and ensuring the deceased's wishes are carried out.

need to know

POWER OF ATTORNEY

Granting a person power of attorney gives them a measure of control over your financial affairs, so you need to choose carefully. Again, this is not something you should do without legal advice.

There are two types of power of attorney:

- General power of attorney, which gives a person access and control over your financial affairs. It becomes invalid upon your death or if you lose the mental capacity to make your own decisions.
- Enduring power of attorney, which continues to operate if you are unable to manage your affairs due to mental or physical incapacity. This type of attorney gives great control to the holder, so don't enter into it lightly.

Most people choose a life partner or trusted family friend to be their power of attorney. This person needs to accompany you when you meet with your solicitor. At the meeting, your solicitor will set out the responsibilities and legal obligations of the person holding the power of attorney. This includes keeping their own money and assets separate from the person they're representing.

Your enduring power of attorney must act in good faith and in your best interests. Their decisions are open to challenge and applications can be made by concerned parties, such as close relatives, to revoke the power of attorney.

Where to start...

Your first step is to talk to your loved ones and draw up a list of likely executors, guardians and holders of power of attorney. Approach your nominees to explain what is required of them and to see whether they're willing to take on the task.

Once you have appointed a person for each desired role, you then meet with your solicitor, who will draw up the appropriate paperwork. Taking these simple steps will give you control over your life, peace of mind and confidence that, should you lose your faculties, there are trusted people who will look after your affairs.

ENDURING GUARDIANSHIP

An enduring power of attorney does not give the holder rights over decisions about your health or medical treatment. For this, you need an enduring guardian.

If you are mentally impaired through, say, Alzheimer's or a stroke, the guardian can decide on medical treatment or even where you will live.

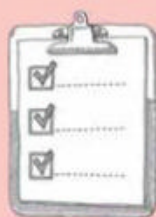
The medical side of it can get tricky, as doctors have ethical standards they must follow and they can overrule the guardian. If you haven't appointed a guardian, the states have guardian services that can take over your affairs. This is not an ideal situation and can be avoided if a friend or loved one has been given guardianship.

FOR THE SAKE OF YOUR HEALTH...



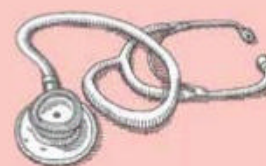
TALK IT THROUGH

The person you appoint as your enduring guardian must be absolutely clear about your wishes. As this is a position of great responsibility, it's best decided in consultation with your solicitor and loved ones.



PUT IT IN WRITING

It will make decision-making less stressful for your enduring guardian if you draw up a living will dealing with such issues as the extent of treatment you should receive if you're unable to make a competent decision.



INVOLVE AN EXPERT

For a better understanding of medical options and a doctor's professional obligations, consider involving your family doctor in discussions. It's also a good idea to set out your wishes on organ donation. ■

**FAQS
ABOUT
THE**

COVID-19

VACCINE

From whether it's safe, to how effective it is and if it's mandatory, here's what you need to know about the COVID-19 vaccine.

The COVID-19 vaccine rollout kicked off in Australia in late February. A few months on you've probably still got questions or concerns, even if it's only wondering when it'll be your turn to get vaccinated. So, whether you've already received yours, are looking forward to getting it or are still feeling a little hesitant, we've answered some common vaccine-related questions.

Q. There's hardly any coronavirus in Australia. Why should I get vaccinated?

People with diabetes have a higher risk of experiencing serious, and even deadly, illness if they catch COVID-19. As a result, Australia's peak diabetes organisations are encouraging all Australian adults with diabetes to get vaccinated as soon as it's available to them. But it's also an important thing to do to help protect others. Once a large number of Australians are vaccinated it's hoped that this will decrease both the spread of COVID-19 in the community and the lock-downs that can disrupt people's healthcare.

Q. Do I have to get the COVID-19 vaccine?

Like all vaccinations in Australia, getting a COVID-19 vaccine is voluntary. In future it's possible that vaccination may be a requirement to travel to certain destinations or for people working in high-risk workplaces.

Q. The vaccines were developed pretty quickly. Are they safe?

Collaboration between researchers, scientists and manufacturers all around the world, as well as unprecedented global funding has sped up the development of COVID-19 vaccines. But no

shortcuts have been taken around testing and safety assessment. Australia's Therapeutic Goods Administration (TGA) has rigorously assessed all potential COVID-19 vaccines for safety, quality and effectiveness. As a result, the two vaccines that the TGA has currently approved for use in Australia – the AstraZeneca and Pfizer vaccines – are safe. And they're suitable for adults living with diabetes, too.

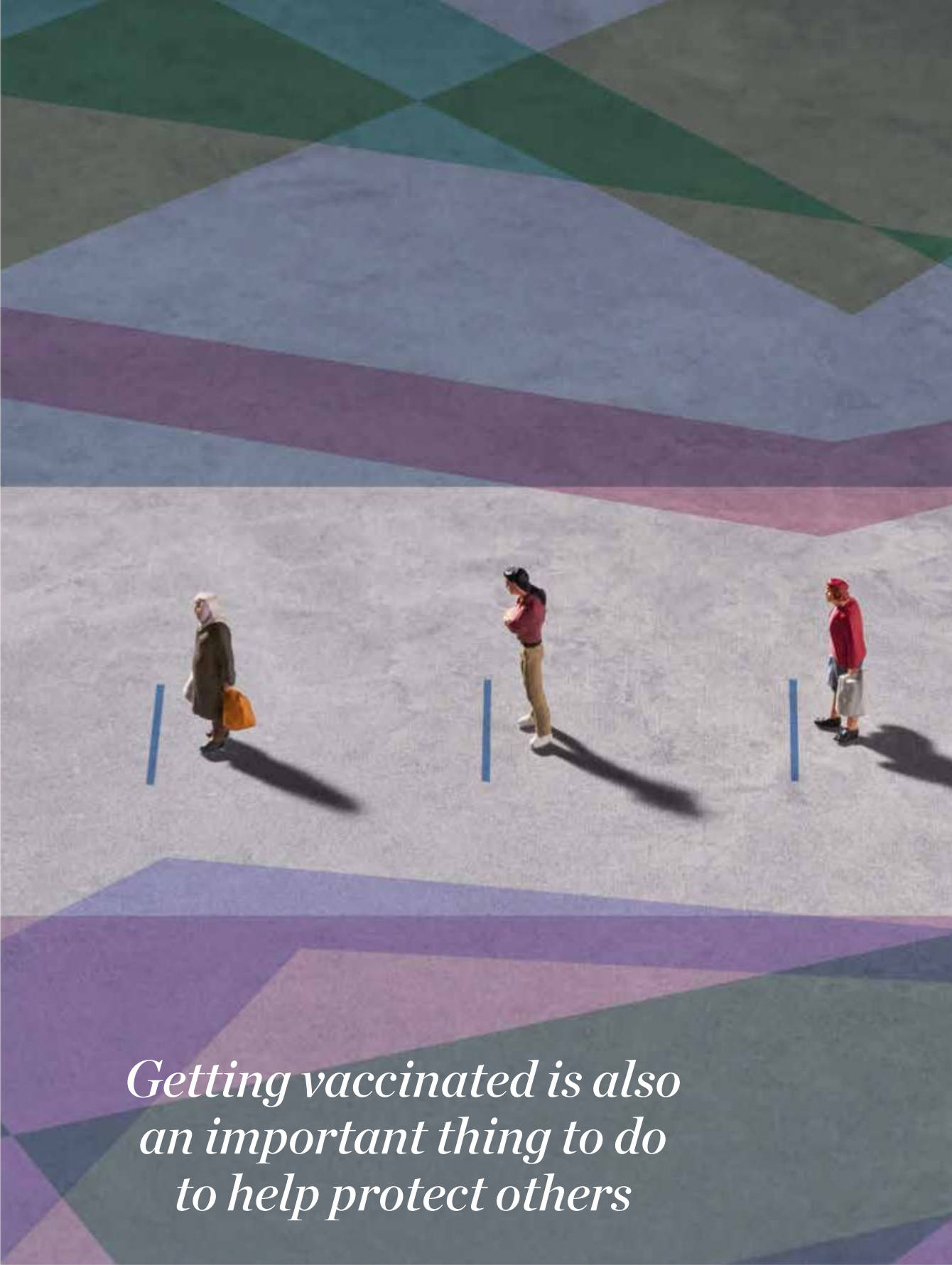
Q. Will the COVID-19 vaccine affect my diabetes?

Like any vaccine, your blood glucose levels might rise for a couple of days

after you've had the COVID-19 vaccine. This isn't cause for alarm and while you should keep a close eye on your levels, experts from Australia's Baker Heart and Diabetes Institute advise simply sticking to your sick-day plan if you experience this side effect.

Q. Will I need to stop taking any medications because of the COVID-19 vaccine?

The general advice is that you shouldn't stop taking any of your regular medications due to the COVID-19 vaccine. However, if you're taking an anticoagulant, or blood thinner, you should talk to



*Getting vaccinated is also
an important thing to do
to help protect others*



your doctor before getting the vaccine. The same applies if you're taking an immunosuppressant medication – you don't need to stop taking your medication but you should discuss the timing of your vaccination with your doctor. It's also important to note that based on the current evidence there's no reason to say no to getting a COVID-19 vaccine if you have an autoimmune disease.

Q. Are the vaccines effective?

Clinical trials show that the Pfizer and AstraZeneca vaccines are both very effective at stopping people becoming sick if they catch

COVID-19, with the Pfizer vaccine likely to be slightly more effective. So far evidence also suggests that both vaccines will be effective against new variants of the coronavirus.

Q. Can I choose which vaccine I have?

No. The vaccine you'll be offered will be the one that's available when it's your turn to be vaccinated. There are numerous phases to the vaccine rollout in Australia and it was announced earlier this year that adults living with diabetes would be included in phase 1b, which commenced in late March. If you

need to know

haven't been vaccinated yet you can find out more by visiting [health.gov.au](https://www.health.gov.au) and clicking on the COVID-19 vaccines link.

Q. Can I get COVID-19 from a COVID-19 vaccine?

The COVID-19 vaccines that have been approved in Australia don't contain live virus so they can't give you COVID-19. Some of the side effects that may occur from the vaccinations, like mild fatigue, mimic symptoms of COVID-19.

Q. I've heard rumours that the vaccine can alter your DNA. Is that true?

No. COVID-19 vaccines can't and won't alter your DNA. It's likely this rumour started because some vaccines, including the Pfizer vaccine, contain a fragment of something called messenger RNA, or mRNA, which is a form of genetic code that instructs your body to make an immune response against COVID-19. mRNA doesn't do anything to your DNA.

Q. If I have a COVID-19 vaccine will I still need the flu vaccine this year?

The COVID-19 vaccines don't provide protection from influenza, or the flu, and vice versa. If you are going to get the flu vaccine this year it needs to be administered at least 14 days before or after your COVID-19 vaccine. The immunity offered by the flu vaccine is most effective in the three or four months after vaccination so given Australia's flu season typically runs from June to September, experts suggest getting vaccinated in May if you haven't already. ■

For more information visit www.health.gov.au/covid19vaccines or call 1800 020 080



Marking a milestone

2021 marks 100 years since insulin was first discovered.

While a lot has improved in the management of diabetes since then, researchers have even bigger hopes for the future.

Despite being 100 years old, the discovery of insulin is still regarded as one of the biggest breakthroughs in medical history. Proof? It's no coincidence that the date of World Diabetes Day, which occurs on November 14 every year, is the birthday of Frederic Banting, one of the researchers who made the discovery working in a lab at Canada's University of Toronto in 1921.

In short, identifying insulin and the role it plays in diabetes was a game changer. Just a few months later in January 1922, the first injection of insulin was given to a person, a 14-year old boy called

Leonard Thompson who'd been diagnosed with diabetes two years earlier. A pharmaceutical company began producing insulin commercially the following year and the rest is history.

One hundred years on and today, 432,000 insulin injections are given every single day in Australia to regulate blood glucose levels, with insulin remaining the mainstay of treatment for people living with type 1 diabetes, which includes around 120,000 Australians.

To commemorate insulin's 100-year anniversary, diabetes awareness, advocacy and research organisations all around the world

are taking the opportunity to push for 'more'. For example, JDRF, a foundation that funds type 1 diabetes research here in Australia, launched its #MoveTheNeedle campaign, acknowledging why 100 years is such a significant milestone while at the same time highlighting the fact that there's still a lot of work to do.

Promisingly though, the work is already very much in progress. At the moment, JDRF alone is funding more than 50 type 1 diabetes research projects around the nation, projects that focus on either curing type 1 or improving the lives of people living with it.

HERE ARE A HANDFUL OF THE MOST EXCITING AND PROMISING RESEARCH BREAKTHROUGHS THAT HAVE MADE HEADLINES RECENTLY.

A population screening program for type 1 is in the pipeline for Australia.

A pilot study to screen Australian children from the general population and without a family history of type 1 diabetes, is underway. Funded by JDRF and being run by the University of Sydney, the screening tool the study is using looks for chemical markers in the blood, called islet autoantibodies, that indicate a person is likely to develop type 1 even when they're free of symptoms. Being able to diagnose type 1 diabetes at a much earlier stage would significantly reduce the risk of diabetic ketoacidosis, a serious complication that can lead to diabetic coma. If the study is successful, researchers hope to expand to a national screening program.

A world-first clinical trial to stop the immune system from destroying insulin-producing cells has been launched.

Called the BANDIT Trial, it's being performed by researchers at St Vincent's Institute of Medical Research (SVI) in Melbourne. "When type 1 diabetes is first diagnosed, there is a substantial number of insulin-producing cells still present," says SVI's Professor Helen Thomas.

The aim of the trial is to determine whether a drug called baricitinib, which is currently used to treat rheumatoid arthritis, will protect the insulin-producing cells from immune attack. "This would allow people who have recently been diagnosed with the disease to continue to produce insulin for a longer period to improve their glucose control." Launched at the end of last year, the two-year trial is open to Australians aged between 12-30 who have been diagnosed with type 1 diabetes in the last 100 days, with enrolment expected to close in 2022.

For more info visit svi.edu.au/bandit.

The link between gut bacteria and diabetes is being uncovered.

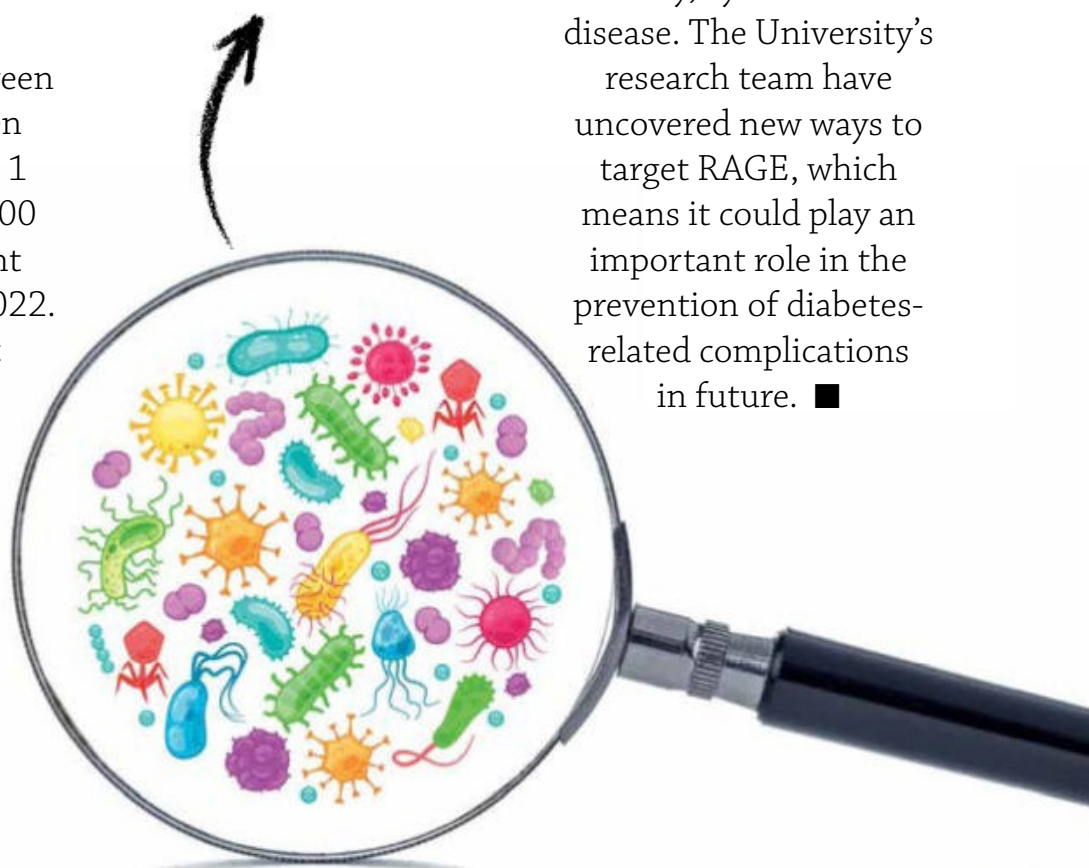
Last year the results of a worldwide study revealed that islet autoantibodies – those chemical markers in the blood that indicate diabetes risk – develop at a young age and that children who develop them have a different combination of gut bacteria than children who don't. Plus, early results from a University of Queensland study designed to investigate a diet-based therapy for type 1 diabetes not only suggest that a fibre-based diet can modify the gut bacteria of people living with type 1, it may even benefit blood glucose management, too.

There may be two subtypes of type 1 diabetes.

That's according to researchers in the UK who have discovered that people who are diagnosed when they're under seven years old seem to have a different form of the disease than people aged 13 and over. It's a significant discovery in terms of the development of new type 1 treatments, because it means some may be more effective than others, depending on your age.

A protein that may play a role in diabetes complications has been identified.

Research out of Monash University suggests that when a protein known by the acronym RAGE is missing from cells in the body, it offers some protection against the development of common complications of type 1 diabetes, like kidney, eye and heart disease. The University's research team have uncovered new ways to target RAGE, which means it could play an important role in the prevention of diabetes-related complications in future. ■





6 STEPS TO A FITTER YOU

Moving more is essential for keeping your type 2 on track. You'll love the side effects of losing weight and feeling great!



Whether it's taking the dog for a walk or lifting weights in the ad break of your favourite TV show, every little bit of physical activity counts towards getting the scales and your BGLs moving in the right direction.

In every issue we give you lots of recipes and information about meals that will give your diabetes management a healthy lift, the next step is to make regular exercise part of your natural routine.

Why? Because exercising improves the sensitivity of your cells to insulin and increases the uptake of glucose from your bloodstream.

'That means you will feel less tired and you will have lower circulating glucose levels,' says accredited exercise physiologist Christine Armarego. 'High BGLs are the cause of diabetes complications, so regular exercise prevents complications.'

'Every bout of exercise you do improves your insulin sensitivity for up to 48 hours, peaking at 24 hours. Exercising daily will have the optimal effect, but if you can't manage that, aim to exercise every second day.'

Feeling daunted by the idea of starting an exercise program – and sticking to it? Just follow our simple, step-by-step guide...

ONE

Give your GP the heads up

Before you start any new exercise program, it's important to check in with your GP or endocrinologist to confirm you're physically and medically able to exercise.

Your care team can also help you understand how exercise will affect your BGLs and whether your medication, food intake or insulin will need to be adjusted when you begin.

Once you've got the all clear, seek advice and a program to suit you from an exercise physiologist or a trainer recommended by your GP or diabetes educator.

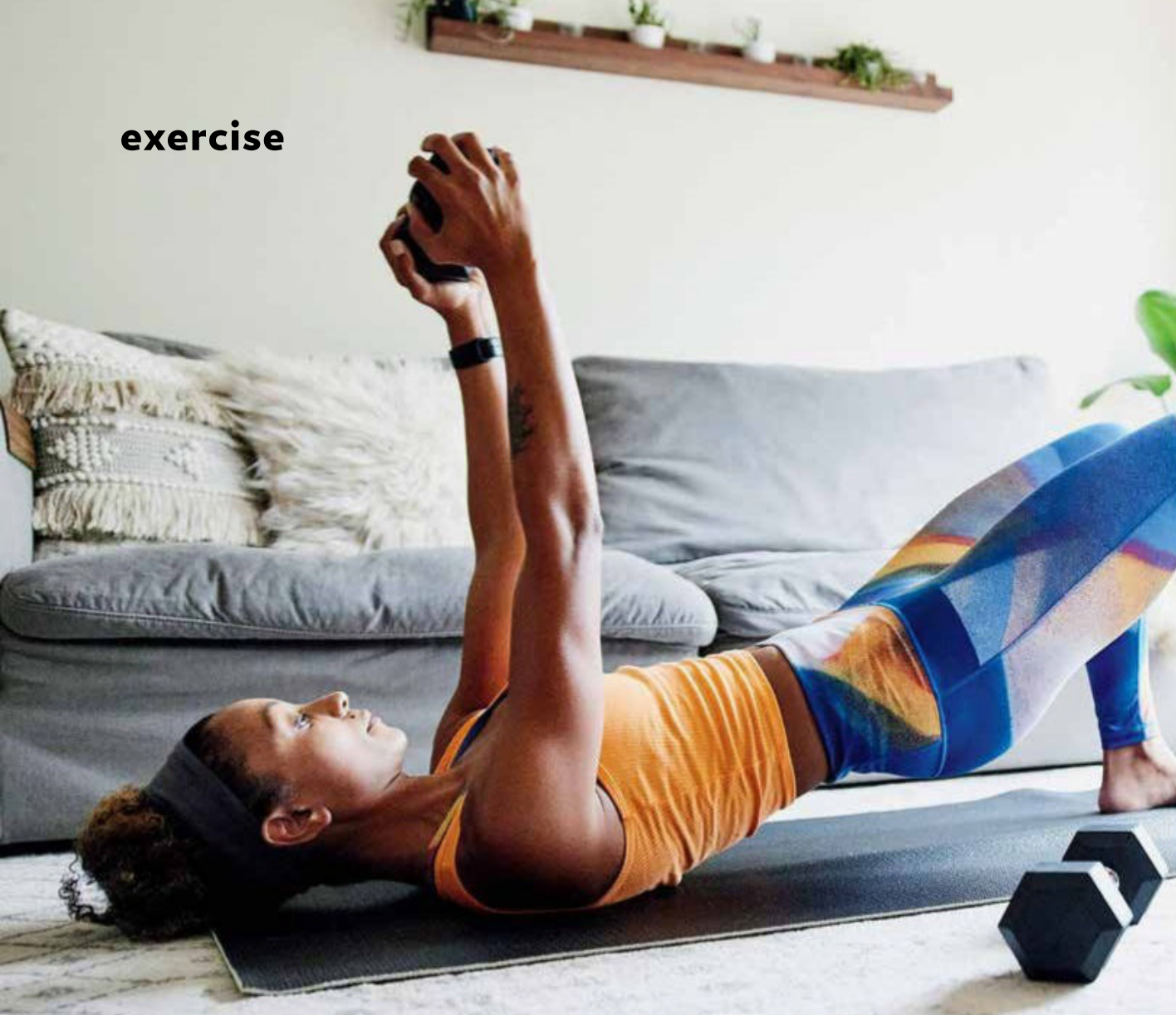
TWO

Start gently and build on your success

Armarego stresses that everyone is different in their relationship to exercise – we all have exercise baggage of good or bad experiences that we carry around with us. Starting small is a proven way of overcoming this baggage and of developing a new and positive relationship with training.

For example, Armarego says she might start a client who is fearful of or resistant to exercise with simple activities such as sit-to-stand (sitting in a chair and standing up), walking up and down the hallway, and using light hand weights to build arm strength.

exercise



A combination of cardio and strength will have the greatest positive effects

The boost you get from increasing your activity and from becoming more comfortable with exercise will fuel you as you progress to the next phase.

THREE Discover what's right for you

Tune in to your own exercise preferences. 'If you can stick to a home-based program, that's brilliant, but if you need to go to a class, find one locally that's at your level and that will help you feel motivated and supported,' says Armarego.

'Some people with chaotic routines have to work out their schedule on the fly. I say to them,

"You just need to make sure you have your stuff ready in a bag. Then if a meeting gets cancelled, you can go to the pool or the gym."

Armarego also suggests finding your optimal time of the day to exercise, whether that's early morning before the day starts getting busy, or in the early evening just before you cook dinner.

Try exercising at different times of the day until you find a timeslot that works for you.

FOUR Cardio + Strength = Best results

The fitness experts agree that a combination of

cardio and strength will have the greatest positive effects on your general health, BGLs, stress levels and weight.

This is because exerting your cardiovascular system improves its capacity – meaning you won't get out of breath as often and your risk of heart disease (which can be elevated by having type 2) will be dramatically lowered.

In fact, the World Heart Federation says, 'Studies show that doing more than 150 minutes of moderate physical activity, or an hour of vigorous physical activity every week, will reduce your risk of coronary disease by about 30 per cent.'

Strength training – using light weights, resistance bands or your own body weight – makes your muscles draw glucose from your bloodstream

Exercising with mobility issues

Think that working out will be too hard? It's time to think again...

If you have mobility issues, exercise can help build muscles that take the pressure off joints and improve balance. Here's how:

If you have Arthritis:

Exercise physiologist Christine Armarego recommends water-based activities for people with arthritis; as water takes the strain of supporting body weight out of the equation. She also uses resistance training to build muscles for dynamic stability. 'Having stronger muscles around the joint helps to keep it in better alignment and prevents the progression of arthritis,' she says.

If you have Neuropathy (nerve damage):

'I recommend a program of balance retraining at home. If you've lost some feeling in your feet, you can train your muscles and vision to compensate,' says Armarego. In addition, a resistance-training program will burn kilojoules and get your BGLs on a more even keel while regaining the confidence to use your feet and legs for more aerobic activities.

to power that exertion. Toned muscles also store glucose more effectively and use more blood glucose even when you're not exercising – a win for BGLs and for weight management.

According to a 2013 Austrian study, 'Resistance training is increasingly establishing itself as an effective measure to improve overall metabolic health and reduce metabolic risk factors in diabetic patients.'

Even better? Both cardio and resistance training boost your production of endorphins and other hormones that reduce stress and help to relieve mild depression.

FIVE

Learn to love housework

We've become so used to thinking of work in the house and garden as drudgery – but it's a secret source of incidental exercise, kilojoule burn and satisfaction.

Tasks such as mopping and vacuuming and (burning 180kJ per 15 minutes), window cleaning (142kJ per 15 minutes) and digging and weeding (142kJ per 15 minutes)*

*Kilojoule burn is based on a 68kg woman and will vary depending on weight and activity speed.

Ask a Dietitian

Want to know the best ways to fuel your body before a workout? Dietitian Lisa Urquhart is here to help.

Healthy eating and exercise can both help to manage blood glucose levels (BGLs) and therefore benefit people with type 2.

However, I often see people overcompensate with bigger meals or extra snacks when they start an exercise program. This results in higher BGLs and often weight gain. To avoid this, aim for three meals and 2-3 balanced snacks each day.

Try not to have a large meal directly before you exercise as this can cause stomach upsets. If you're hungry and feel you need to eat, have a small low-GI snack such as an apple or a tub of low-fat yoghurt.

Most people don't need sports drinks before or during exercise, unless you're doing intense aerobic exercise for more than an hour. Sports drinks tend to be high in sugar and may counteract the benefits of working out. My advice is to stick to water.



APPLE OF MY EYE

If it's been a while since your last meal, grab an apple. It's the perfect snack before you work out, providing low-GI carbs to keep you going.



WATER WISE

It's important to be hydrated before you exercise, but don't drink too much water just before you work out because it may make you feel sluggish.



TUB TIME

A 200ml tub of low-fat yoghurt gives a boost of protein and low-GI carbs – perfect fuel for building muscles before or after exercise, particularly resistance training.

are valuable activity boosters in lives which are increasingly spent sitting.

Think of these chores as providing little add-ons to your activity program. They help to keep your glucose fires burning, your waist trim and your home looking gorgeous!

SIX

Keep yourself challenged

'One of the beautiful things about exercise is

that it has the opportunity to show us our mastery,' says Armarego. 'As we make small and continuous progress, we master something, and that brings us joy.'

People who exercise regularly say mini milestones, such as walking a bit further everyday or riding just that little bit faster on a stationary bicycle in the gym, give them the buzz to continue.

It's the first step to feeling confident to try new things and set even bigger goals – such as being able to swim a kilometre, cycle a hilly route without stopping, or walk a famous race such as Sydney's City2Surf. Before you know it, you'll be off on a lifetime's adventure in activity! ■



After

Jenna with her husband Dwayne.

I knew something was wrong when I couldn't read the subtitles on TV.

2020 was a big year for everyone, but for 32-year-old Jenna Carroll it delivered more than its fair share of changes including a new baby and, two months later, being told she had type 1. It's been a life-changing diagnosis but she refuses to let it define her

Until last year, I'd always assumed type 1 diabetes was only diagnosed in children.

And I certainly never thought for a moment that it was to blame for the symptoms I was experiencing.

"In fact, even though I'd had gestational diabetes with two of my three children, when I started to feel really tired and noticed that I was drinking water like a fish and needing to go to the toilet a lot more, I didn't think 'diabetes' at all.

"I'd given birth to Gracie, my youngest child, a few weeks earlier and had been having a bit of trouble feeding her, so I'd started pumping my milk for her instead. I just put what I was experiencing down to being a 'pumping mum'.

"But when I noticed my eyes had started playing up so that my vision was a bit blurry, I rang my doctor to make an appointment. I wasn't particularly worried but I knew something was wrong when I couldn't read the subtitles on TV properly. Then, the afternoon before my doctor's appointment I couldn't see a car that was just a few feet in front of me. I was rushed to hospital where I was told my blood glucose level was incredibly high. I was heading into diabetic ketoacidosis and it was a wonder I was still conscious."

Back to the beginning

"In 2016 when I was pregnant with my second child, Jorji, a fasting glucose test indicated I had gestational diabetes – just. I managed it with diet and my [glucose] levels never really went crazy, but at about 36 weeks they did start to creep up a little. Eventually I was induced and after Jorji was born, my glucose levels returned to normal and I forgot all about diabetes.

my story: type 1



Before

they admitted me to hospital and even though I knew they'd had to use insulin to lower it, I was still thinking 'well, if anything, it'll be type 2' and that I'd be able to control it by making some tweaks to my diet.

"But when they made it clear that I had type 1 diabetes, my heart sank. I knew that was a different ball game. So yes, 2020 was quite the year. My husband works in the bush and his workplace was burnt down in the fires and he's also part of the local fire brigade. Then we had Gracie, COVID hit and finally I was diagnosed with diabetes.

"A year or so later, I'm now on multi-day insulin injections, anything between six and eight a day. And I feel like I'm on a bit of a daily rollercoaster, trying to calculate everything from carbs to insulin units and I struggle with a lot of hypos.

"It's like there are one hundred decisions that I have to make now that I never had to think about before. And I'll do exactly the same thing one day to another and get a totally different result. At the moment all of that still makes me a bit sad.

"But my healthcare team are amazing. And while my first thought when I was diagnosed was 'it's my fault' or that I'd done this to myself somehow, I now know that's not the case at all.

"I've also grown to understand that it's incredibly important not to be too hard on yourself and to not let a medical diagnosis like this define you. It's something I'm working on every day." ■

"Then, when I was 28 weeks pregnant with Gracie, I just scraped into the gestational diabetes category once again. It never really caused any physical symptoms but I was concerned because it was my second experience with gestational diabetes, so I worked really hard on what I ate. This time around though I eventually ended up on night-time insulin and that made everything seem more real and more serious. Suddenly I was injecting myself, which felt quite confronting.

"But once Gracie was born in February 2020 my glucose levels went back to normal again. I came off insulin and when I tested myself a week after her birth, everything was fine.

"That's part of why I didn't for one moment think 'diabetes' when I started to feel horrible just a few weeks later – that and the fact that both times when I'd had gestational diabetes I never really felt 'yuck.'"

**Jenna and Dwayne
with their children, Jack (7),
Jorji (4) and Gracie (1).**



Coming to terms with type 1

"Being told I had type 1 diabetes was a complete shock. When I was diagnosed with gestational diabetes for the second time, my doctor did tell me that it meant I now had a higher risk of developing type 2 diabetes at some stage but type 1 had never been mentioned.

"Even after I'd been told that my blood glucose was so high when



SMART SERVINGS

Rethink how you serve your meals and snacks
and you'll become a portion pro in no time

SEE THE SERVING

"At home, I measure out a perfect portion of food or drink to see how it looks in my dishes," says Jill Weisenberger, author of *Diabetes Weight Loss: Week by Week*. "This way I'll know in advance that, say, my portion of wine is up to a specific design etched into the glass. You can do the same for ice cream, cereal – really for any food and dish that has markings of some sort." To become a pro eyeballer, measure out your ideal serving size – best determined with the help of your health care team – for foods, such as berries, rice, soup, and fish, a few times each month.

REPURPOSE PETITE PLATES

Giant bowls and jumbo serving utensils may make it easier to serve a

crowd, but these can also lead you to feel like you're portioning out a small amount when you're really taking more than your ideal serving. Break out those dessert plates you're saving for special occasions. Treat yourself like a guest – arrange your portions on one of those smaller plates. You'll feel indulged, not deprived.

BUY BIG, PACKAGE SMALL

Weisenberger suggests pre-portioning foods into single-serving baggies or containers. "For example, if your ideal portion of crackers is six, put six crackers each into several baggies and pop [them] back into their original box." Voilà – perfect grab-and-go snacks. To save money, certified health coach Carrie Boe, type 2, buys healthy ingredients

like nuts in bulk, then repackages them into single-serving containers. She snagged a glass food-storage container set on sale, so now it's easy to fill up the containers all at once. Some of her serving-size go-tos: a handful of almonds fits in a baby-food-size jar, $\frac{1}{4}$ cup of hummus or guacamole fills a 40g container, and a serving of defrosted edamame in the pod fits in a $1\frac{1}{2}$ cup bowl.

PILE ON THE VEGIES

Every time you serve yourself a meal, think "vegies first," advises Boe. Load your plate with big portions of fresh vegies, then add in moderate helpings of lean protein and healthy fats. This way, you'll naturally crowd out space that might be taken up by less-nutritious options. ■

YOUR PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

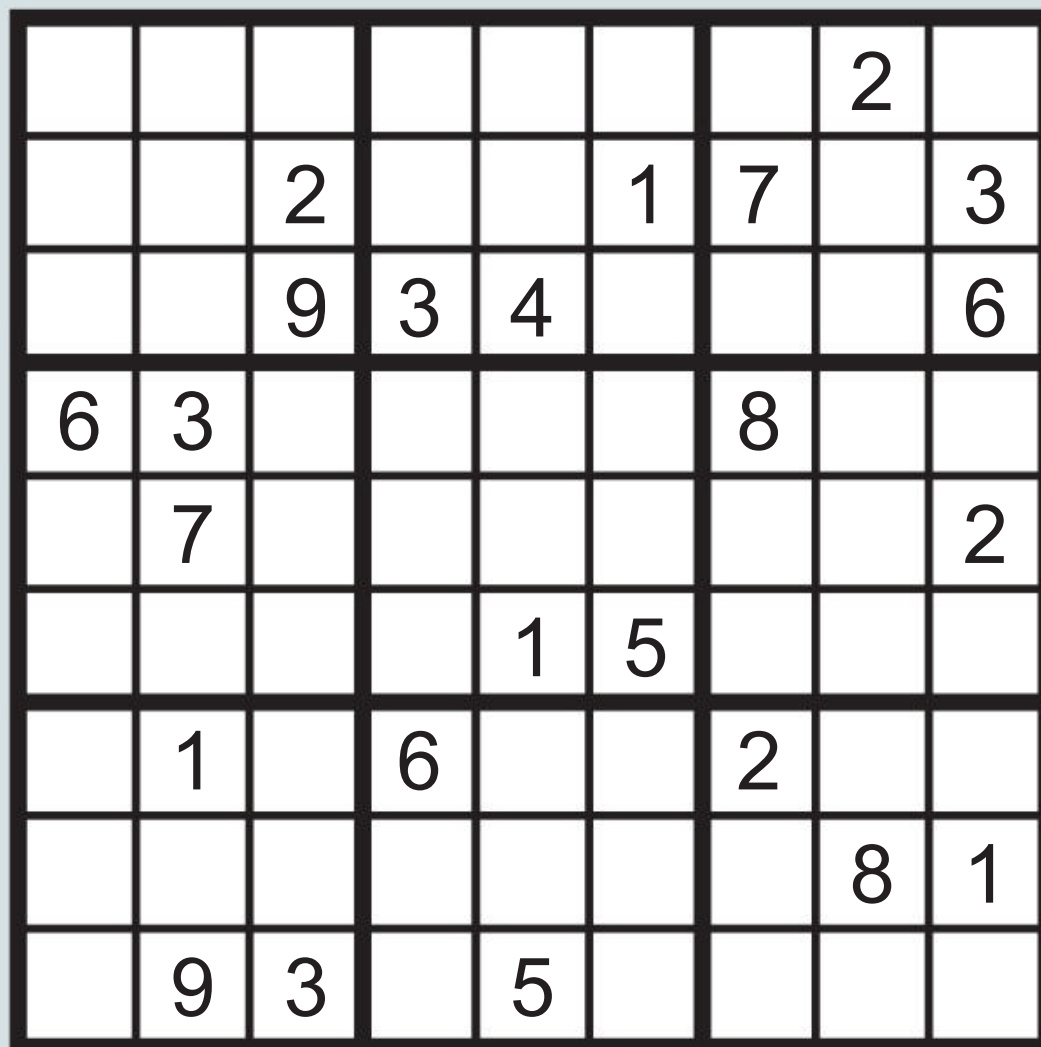
Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that T=9, L=11, and R=15. You can record each letter as you work it out in the letter checker at the bottom of the grid.

6	25	16	24	25	6		25	10	4	12	13	10	17		17	9	7	18	25	6
	6		7		25		18		23		17		20		12		11		26	
5	23	13	8		19	15	25	7	24		17	20	7	17	1		19	7	16	24
	16		12		7		19		25		23		15		25		23		11	
15	25	9	12	15	9		7	1	19	13	25	10	9		21	23	1	12	23	15
		14			25	25	11		12				7	2	12				6	
13	17	12	19	7	15		11	25	26	13	16	12	10		14	25	25	3	13	11
	11		25						25		12						2		10	
9	13	20	9	12	20		19	7	17	17	12	12	10		19	15	12	11	2	7
	9				25	14	25				24		7	13	15			25		
16	21	7	22	25	6		15	12	7	6	21	12	2		12	16	25	7	10	17
	25		11		6		7		1		12		2		14		3		25	
9	15	13	12		11	13	9	15	25		23	17	25	15	17		25	14	25	15
	25		23		25		25		10		17		15		25		10		6	
7	6	12	15	25	15		6	12	6	6	25	15	17		15	25	17	13	17	9

1	2	3	4	5	6	7	8	9	T	10	11	L	12	13
14	15	R	16	17	18	19	20	21	22	23	24	25	26	

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.



CHUNKY CROSSWORD

Sharpen your pencil and show what you know.

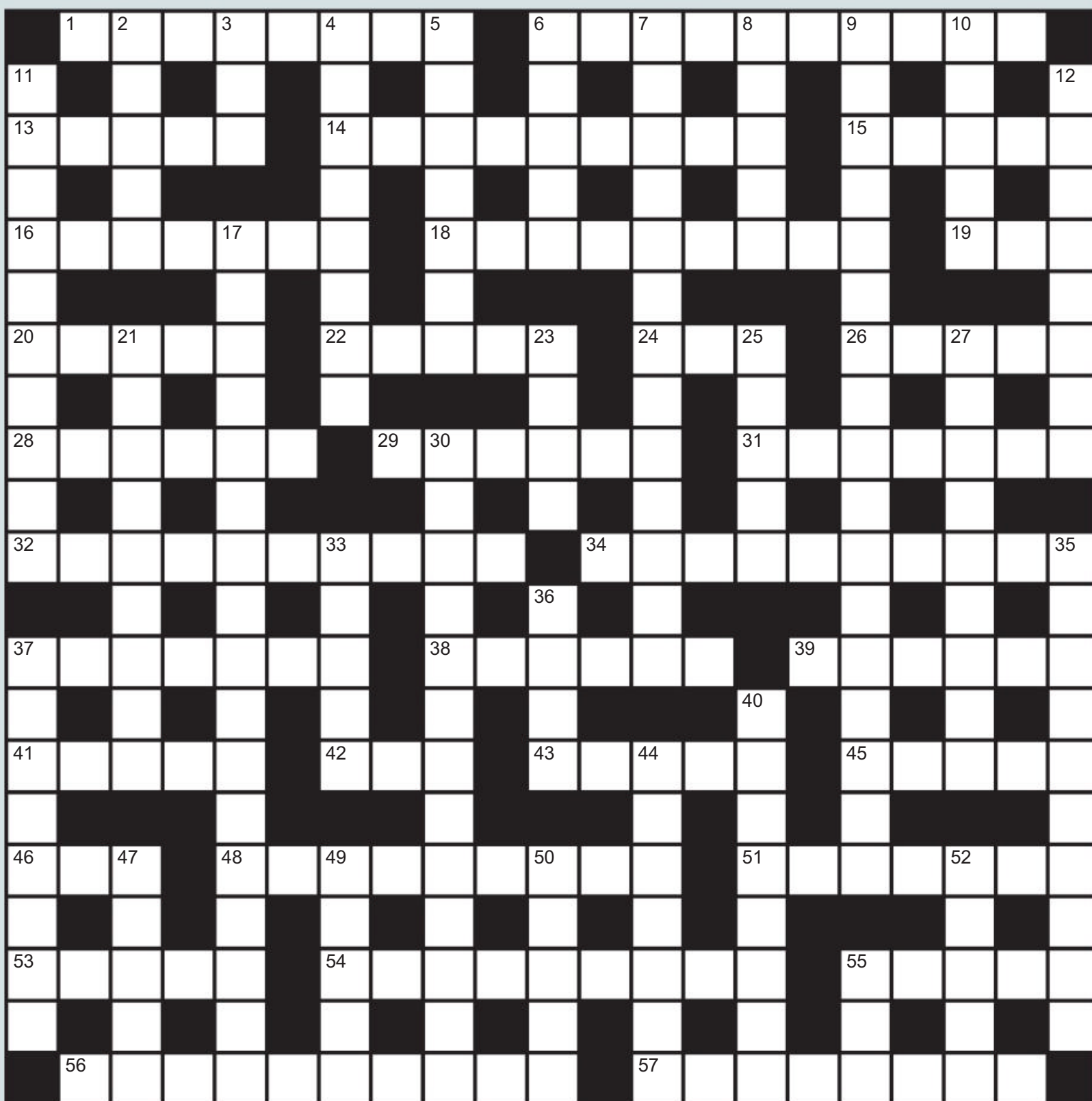
For solutions, see page 126

ACROSS

- 1** Drink (8)
- 6** Dwight ---, former US president (10)
- 13** Dodge, sidestep (5)
- 14** Hair elastic (9)
- 15** As stated above (5)
- 16** Novice driver signs (1-6)
- 18** Device used to remove moisture from tresses (9)
- 19** --- *Baba and the Forty Thieves*, folk tale (3)
- 20** Jot down (5)

- 22** Related to the eye (5)
- 24** --- de plume, pen-name (3)
- 26** Home of voodoo (5)
- 28** --- Blumenthal, celebrity chef (6)
- 29** Bram ---, *Dracula* author (6)
- 31** Small dining room (7)
- 32** Word that reads the same backwards and forwards (10)
- 34** Dance interpretation of music (10)
- 37** Underground prison (7)
- 38** Left the building (6)
- 39** Pure, virtuous (6)

- 41** Glasses (colloq) (5)
- 42** Eggs (3)
- 43** --- Republic, Prague's country (5)
- 45** Legal (5)
- 46** Clumsy fool (3)
- 48** Proposed (9)
- 51** Remodel (7)
- 53** Native to Norway (5)
- 54** --- Wheel, spinning firework (9)
- 55** Earlier than, before (5)
- 56** French city (10)
- 57** Unselfishly giving (8)



DOWN

- 2** Electronic message (5)
3 Day before (3)
4 Auditor (8)
5 Within ---, in audible range (7)
6 Boredom, lethargy (5)
7 Delight in the suffering of others (13)
8 Impoverished, poor (5)
9 Expression meaning that someone, or something, is truly ancient and has been around for a long time (5,4,3,5)

- 10** Additional, bonus (5)
11 Communion of travellers (10)
12 Confident, optimistic (8)
17 Female family group who had hits in the 1980s such as *Neutron Dance* and *I'm So Excited* (3,7,7)
21 Rudeness (9)
23 Birthday treat (4)
25 Marshy (5)
27 Inherent, essential (9)
30 Moody, sensitive (13)
33 Animated film about a chameleon (5)

- 35** Beloved (10)
36 Sun blockout cream ingredient (4)
37 Mark down (8)
40 Number considered unlucky (8)
44 Swirling (7)
47 Blacksmith's fire (5)
49 Fashion label (5)
50 Scaled rows of seating (5)
52 French goodbye (5)
55 For each (3)

FEEL BETTER IN FIVE

Big changes start with simple steps.
Try these ideas to help improve
your wellbeing



1 CHECK YOUR CONNECTIONS

Third on Maslow's hierarchy of needs is a sense of belonging – and although this is a necessity not everyone has it. The key to achieving this basic need is through good friendships. While you may think some of the people in your life are good friends, there are times they make you feel frustrated and lonely when you realise they only call on you when they need something. More often than not, these relationships are more draining than purposeful.

If this is the case, it's time to reevaluate those in your circle. Healthy friendships allow you to be your authentic self and they should be supportive and accepting of your diabetes and your goals... even on your bad days. Having good friends helps to reduce stress, loneliness and social isolation, increases physical and emotional support, and overall helps you to become a better person.

Looking for new friends? Head to a hobby class, community event or volunteering opportunity – you never know who you might connect with.

2 MENTAL HEALTH CHECK

Are you concerned about your mental health or the mental health of those around you? You're not alone. A new Uswitch study has revealed mental health is Australia's biggest health concern. This study concluded 75 per cent of mobile users increased the usage of health apps during 2020, with apps Headspace and Calm being the two most popular. While health apps like these play an important role in tracking wellbeing, they have also increased the ability to stay focused and accountable for achieving goals. Not tech savvy? Start with writing down a realistic and specific goal – such as “meditate for 10 minutes every day” – on a piece of paper that can be placed in constant sight (such as on your fridge, your door or your mirror). If possible, get a friend or loved one to hold you accountable by checking in daily or weekly on your goal.



STREEEEEEEETCH!

There's more to stretching than rolling out of bed lifting your arms up. In fact, a 10 minute stretch has the ability to help more than you may think. Every time you feel your eyes glazing over, or your mind is racing too much, it's time to take a break from your screen or from work, step away from the task at hand and take a moment to stretch. As we age, our joints lose their range of motion, and the poor posture that comes with a sedentary lifestyle doesn't help. Stretching improves this range, and further increases your circulation (blood flow) and muscle length, while decreasing muscle tightness and pain. Plus, stretching makes every day tasks – such as squatting to sit down or stand up – much easier.

Not sure where to start? A physiotherapist can provide you with relevant exercises to increase your range of motion. But keep in mind, stretching should never be painful. If it is, talk to your physio.



good advice

COUNT THE SMALL WINS 4

Whether you're newly diagnosed or a diabetes-veteran, diabetes is a tricky beast. However, it is important to keep a positive note on your ability to manage your diabetes and look after yourself in order to reduce the risk of burning out. Whether you have a large win (such as staying within range during a busy week) or a small win (you remembered to check your BGLs), it is important to celebrate it.

Celebrating the small wins increases your confidence as it proves what you are capable of. It is also important to remember that the success of your bigger goals don't happen overnight, and while it can take a while to reach it, it's focusing on those smaller achievements that will help you to move forward and get your mind and body in a good place.

Top Tip
This doesn't have to just apply to diabetes, you can apply this to every aspect of your life.



TIME TO CLEAN UP 5

Are you feeling overwhelmed by all your "things", as well as your diabetes? Then you may need to declutter. When you have an overabundance of possessions, it can impact you on a psychological level, more than you may realise. Psychologists from Princeton University found that clutter reduces your ability to focus on a given task; while researchers at the University of Navarra found that volunteers in a messy environment to input data were more likely to make more mistakes than those in a tidy environment. This doesn't just translate to work-oriented tasks, but it can impact your personal life too with errors potentially being made with regards to your diabetes. Watch *Tidying Up with Marie Kondo* or *Get Organized with The Home Edit*, both on Netflix for inspiration. ■

WORDS ELLIE GRIFFITHS; PHOTOGRAPHY GETTY IMAGES, ADOBE STOCK, CALM: THE MEDITATION APP

Turn upside down for puzzle solutions

Across: 1 Beverage, 6 Eisenhower, 13 Evade, 14 Scrunchie, 15 Ditto, 16 L-plates, 18 Hairdryer, 19 All, 20 Write, 22 Optic, 24 Nom, 26 Haiti, 28 Heston, 29 Stoker, 31 Dinetto, 32 Pallindrome, 34 Eurythmics, 37 Dungeon, 38 Exited, 39 Chaste, 41 Specs, 42 Ova, 43 Czech, 45 Licit, 46 Oaf, 48 Suggested, 51 Reshape, 53 Norse, 54 Catherine, 55 Prior, 56 Versailles, 57 Generous.
Down: 2 Email, 3 Eve, 4 Assessor, 5 Earshot, 6 Ennu, 7 Schadenfreude, 8 Needy, 9 Older than the hills, 10 Extra, 11 Fellowship, 12 Positive, 17 The Pointer Sisters, 21 Insolence, 23 Cake, 25 Muddy, 27 Intrinsic, 30 Temperamental, 33 Rango, 35 Sweetheart, 36 Zinc, 37 Discount, 40 Thirteen, 44 Eddying, 47 Forge, 49 Gucci, 50 Tiers, 52 Adieu, 55 Per.

Crossword

3	5	1	7	6	9	4	2	8
4	6	2	5	8	1	7	9	3
7	8	9	3	4	2	1	5	6
6	3	5	4	2	7	8	1	9
1	7	8	9	3	6	5	4	2
9	2	4	8	1	5	3	6	7
8	1	7	6	9	4	2	3	5
5	4	6	2	7	3	9	8	1
2	9	3	1	5	8	6	7	4

Sudoku

D	E	C	K	E	D	E	N	J	O	I	N	S	S	T	A	Y	E	D
A	D	O	R	E	R	D	O	D	D	E	R	S	R	E	S	I	S	T
T	R	I	O	L	I	T	R	E	U	S	E	R	S	E	W	E	R	
C	H	A	F	E	D	R	O	A	D	H	O	G	O	C	E	A	N	S
T	I	P	T	O	P	B	A	S	S	O	N	B	R	O	L	G	A	
I	S	O	B	A	R	L	E	X	I	C	O	N	W	E	E	V	I	L
R	E	T	O	R	T	A	M	B	I	E	N	T	H	U	M	O	U	R
Q	U	I	Z	B	R	E	A	K	S	P	A	S	M	B	A	C	K	
D	A	E	Y	U	S	P	O	L	X									
E	N	J	O	I	N	S	S	T	A	Y	E	D						

Code Cracker

puzzles solutions

**BREAKFAST
& TOPPERS**

- 60 Banana colada ●
- 60 Basic porridge ●
- 46 Curried broccolini & boiled eggs on toast ●●●
- 30 Date and almond smoothie ●●
- 61 Maple pumpkin, bacon & blueberry ●
- 61 Plum, raisin & granola ●
- 62 Vanilla poached pears with almond ●
- 77 60-second brekkie ●●●

**LIGHT MEALS,
SNACKS, SIDES
& STARTERS**

- 48 Avocado hummus & vegie sticks ●●●
- 63 Basic curried roast chickpeas ●●●
- 30 Blueberry crush smoothie ●●
- 40 Carrot & coriander soup with spicy flatbread ●
- croutons ●●●
- 57 Chicken with Spanish-style butter beans ●●
- 63 Chickpea bombay mix ●●●
- 56 Coronation chicken salad ●●
- 39 Creamy salmon & potato soup ●●

- 63 Curried hummus ●●●
- 63 Curry leaf popcorn ●●●
- 77 Fruity skewers ●●
- 30 Green giant smoothie ●●●
- 40 Kale, risoni & meatball soup ●●
- 35 Lentil, cheese and shallot quesadillas ●
- 77 Mango and cardamom lassi ●●
- 77 Peach and ricotta bagel ●●
- 56 Roast chicken with Mediterranean veg ●
- 58 Sesame chicken noodles ●●
- 35 Spiced lentil, puffed rice & cucumber salad ●●
- 39 Spiced pumpkin, spinach & lentil soup ●●
- 30 Totally tropical smoothie ●●

MAINS

- 43 Barbecue salad pizza ●
- 29 Chicken & mushroom risotto ●
- 17 Chicken, couscous and harissa broth ●
- 27 Creamy pear & pork ●●
- 32 Green lentil harissa soup ●●●
- 54 Healthy tikka masala ●●●
- 28 Moroccan chicken one pot ●●●
- 53 Prawn fried rice ●

- 22 Preserved lemon, spinach and cherry tomato pilaf ●
- 52 Pumpkin & pesto pasta ●●●
- 49 Roast chicken thighs with brown rice & salsa verde ●●
- 18 Sesame-crusted tuna with miso dressing ●●
- 27 Spiced chicken and sweet potato stew ●●
- 44 Spiced halloumi & pineapple burger with zingy slaw ●●●
- 54 Swedish meatballs ●●
- 20 Vegetarian kale caesar salad with eggplant 'bacon' ●
- 44 Vegie kebabs with avocado dressing ●●●
- 20 Vegie sausage, spinach & mushroom fry with pesto toast ●●

DESSERTS

- 68 Apple crumble ●
- 70 Apple tart ●
- 69 Lime & coconut custard cups ●
- 70 Oat & plum tea cake ●
- 74 Orange blossom panna cotta ●
- 74 Pecan & pear spiced souffle cake ●
- 68 Poached pears with espresso syrup ●●

KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

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The cold creeps up on you pretty darn fast, as does the realisation that your plan of retaining any summer fitness has holes all through it.

It's a tough life fact to grapple with and many a middle-aged snapped knee ligament or Achilles tendon will lend support to the realisation that the days of competitive winter sport are over for me. I've seen two mates snap an Achilles playing over-40s basketball and another do his while playing mixed netball. What were you thinking, men?

In the past, glorious, youthful weekends would have me running to the edge of my endurance on a

Saturday, training to do it all again two nights a week and still allowing for a few beers and somewhat sloppy diet along the way to a hopeful appointment with a grand final in September.

This year I've realised that the metaphorical snow didn't melt in the same way I would have liked over summer and the winter pelt of a slightly rotund gut line is still in the picture... and here comes the cold. Again.

I think that this year, because the dream of full-contact sport is well and truly over, I am going to have to aim at hitting the brakes on a few behaviours that put me where I am on the scales of kilo climbing and also ignite the fuse on activity that may be a bit kinder to this not-so-recent model of man.

I do have a sloppy arthritic knee and may enjoy a couple more ales than Peter Perfect recommends but I am a long way from giving up on the mind and body I spent so long enjoying before now.

I do think that successful adjustments happen in small increments so this is the plan.

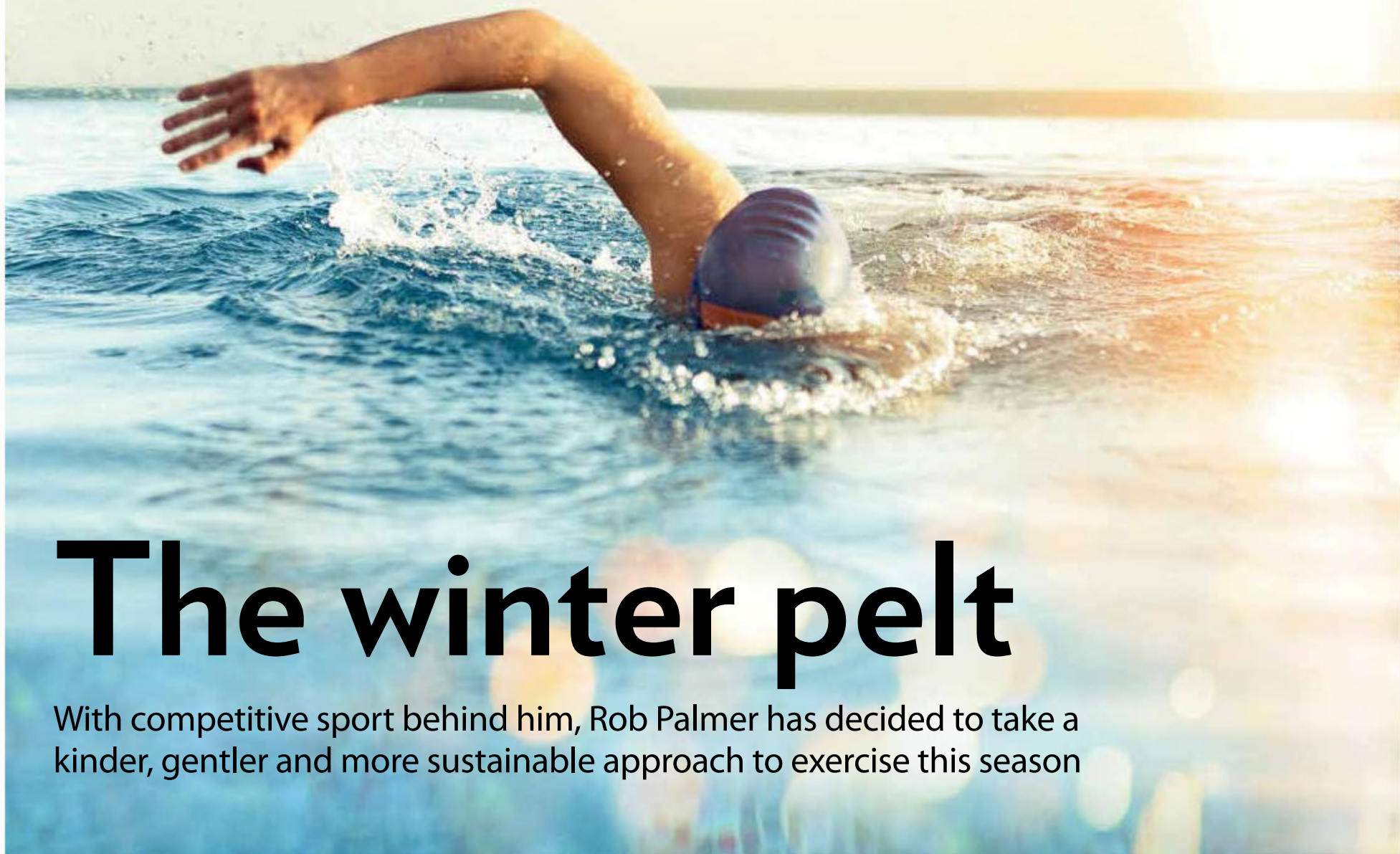
I'll focus on the few activities that don't punish my knee for starters: swimming, rowing and bike. I won't go hell for leather and lose the desire in a week but will introduce mini sessions that sparsely populate each fortnight. I'll target a few regular days where abstaining from a frosty ale won't feel like a punishment and little by little, maybe even reduce food portion sizes so that I don't spend half the day feeling like I've just eaten.

These are all goals of course and I am not kidding myself that the road to success won't have a few swerves, curves and bumps, but it sure as houses beats the road I'm currently travelling. The days are shorter and the air cooler and one of the best ways I see to warm things up is to get moving. Hopefully the only holes in my rejigged fitness plan will be the ones reappearing in the tail of my belt. ■

PHOTOGRAPHY DAVID THOMPSON (PORTRAIT); ADDITIONAL PHOTOGRAPHY GETTY IMAGES

The winter pelt

With competitive sport behind him, Rob Palmer has decided to take a kinder, gentler and more sustainable approach to exercise this season



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